

EXCLUSIVE: LIZ EARLE BEAUTY OFFER INSIDE

# coast

MARCH 2016 £4.20

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## SECRET CORNWALL

Hidden beaches, stylish stays,  
and the latest property hotspots

## 83

TOP DESTINATIONS  
BY THE SEA

WIN A  
LUXURY  
BREAK  
FOR TWO



**EDDIE IZZARD**

On his childhood  
memories of the  
Sussex Coast

A WEEKEND IN  
RAVENGLASS

\*ESCAPE TO THE SEA\*

Stay in a cabin in Scotland \* Discover Penzance \* Go walking on the Isle of Sheppey





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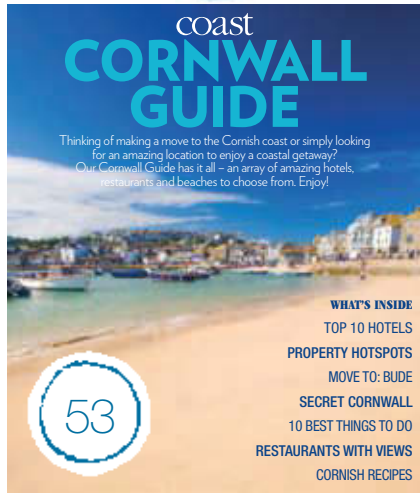
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## LIZ EARLE OFFER INSIDE

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I'm making plans for 2016, researching where to spend a weekend away, thinking about what new wildlife encounters I might experience and who has opened a great new restaurant overlooking the sea. There's such an abundance of inspiring adventures to be had, it's almost impossible to choose between them. However, unlike many travellers, all of my trips will take place within the British Isles. I often

think I'll plan more holidays abroad if I run out of ideas in the UK, but there is such a plethora of exciting escapades to be had here that I can never fit them all in. Over the coming year **coast** will visit Scotland, Ireland and Wales, and dig out new, gorgeous destinations across England to inspire you to discover the adventure on your doorstep.

To help you plan your next break we've created our first ever Cornwall Guide. Turn to page 53 where you will find the best hotels to visit, great restaurants with stunning sea views and those secret, hidden beaches that are still empty in the summer holidays. Look out for our next issue, which will be full of the latest unusual and quirky Best British Breaks. Do email us with your own favourite destinations!

*I'd love to hear from you* to discover your perfect coastal pastime, your favourite way to spend a day by the sea or just to hear your views on **coast**. Get in touch via Facebook and Twitter, or email us at [coast.enquiries@kelsey.co.uk](mailto:coast.enquiries@kelsey.co.uk). For subscription queries, please email [subs@kelsey.co.uk](mailto:subs@kelsey.co.uk).

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*Alex*

## THE CREW

### THIS MONTH'S CONTRIBUTORS *share their coastal musings*



#### ANNA MARIA BARRY

Anna is a cultural historian based in London. She writes articles on history, art and music for a range of magazines, which allows her to share her passion for the past. On page 98 Anna investigates the link

between music and the sea.

#### Which is your favourite place to visit in Cornwall?

Tintagel has to be my favourite place. Its famous castle has inspired artists and writers for centuries, largely due to its association with Arthurian legend.



#### PAUL RYAN-GOFF

South Devon-based photographer Paul travels far and wide with his work, but is always excited to return to his home on the British coast. On page 22, he photographs Penzance's Chapel House.

#### Which is your favourite place to visit in

Cornwall? I've always loved St Ives for its cafés, beaches, galleries and crowds. By contrast though is Roseland, near St Mawes, with its beautiful coast, estuary walks and lack of crowds.



#### DOUGLAS GIBB

Douglas is based in a seaside town on the Forth Estuary and loves to swim in the sea. He photographs interiors, architecture and lifestyle features for UK magazines and interior designers. On page 86, he

captures life in a beachside blue wooden cabin.

#### Which is your favourite place to visit in Cornwall?

There is a sea swim, which sets out from Penzance and takes in some of the wilder spots, including swimming out to Godrevy Lighthouse.







*picture this*

## LOBSTER IN STAITHES

This giant, nine-foot-long lobster sculpture was one of two installed in Staithes as part of the fishing village's annual arts festival. While this coral-coloured one, representing the cooked crustacean, was left on the beach, an aquamarine-coloured 'live' lobster sculpture was erected on the outer harbour wall. Both were created by Emma Stothard, a Whitby-based artist who specialises in willow sculpture. 'It was amazing seeing them arrive through Staithes' narrow cobbled streets,' recalls Tony Bartholomew, who took this photograph. 'I shot this picture with the people flying the kite behind to give a sense of scale.' To see more of Emma's work, visit [emmastothard.com](http://emmastothard.com) and turn to page 102 to see our feature on a willow sculpture class. For more information on the festival, see [staithesfestival.com](http://staithesfestival.com).





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\*Portsmouth Harbour Station to Ryde Pier Head in 22 minutes. Portsmouth to Fishbourne in 45 minutes and Lymington to Yarmouth in 40 minutes.

# Beachcomber

Every month, we trawl the nation's coastline to bring you news of the people, places and exciting goings-on that are worth knowing about

• SHOPPING • EVENTS • PEOPLE • PLACES • CULTURE • NEWS • WILDLIFE •



## FIND of the MONTH

Custom-made glass  
Shoal386 **light installation**,  
price on request, Scabetti  
([scabetti.co.uk](http://scabetti.co.uk)).



# CATCH of the DAY...

*What's floating our boat this month*



## 1 THIS FUDGE

Embracing the trend for sweet and salty treats, this Caramel Sea Salt fudge is produced in Cornwall by artisan confectionery company Buttermilk (£3.99, [buttermilk.co.uk](http://buttermilk.co.uk)).



## 2 THIS CUSHION

Bring thoughts of the sea to your home with this navy and turquoise 100 per cent cotton embroidered cushion. The design is inspired by coastal coral (£29, [atkinandthyme.co.uk](http://atkinandthyme.co.uk)).



## 3 THIS CANDLE

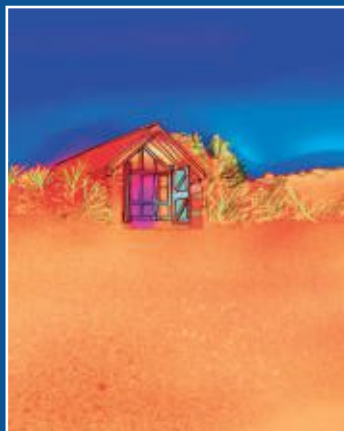
Surround yourself with coastal aromas from this Sennen Sea Breeze Candle, made from sustainable soy wax and contained in stylish packaging (£12, [seasaltcornwall.co.uk](http://seasaltcornwall.co.uk)).



## 4 THIS HANDWASH

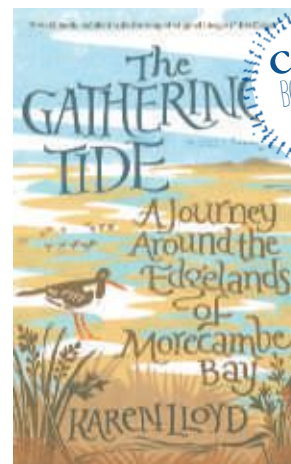
Hand-blended with sage, rosemary, sweet orange and aloe vera, this Chef's Hand Wash is natural, deep-cleansing and kind to the environment (£15, [trevanoskincare.co.uk](http://trevanoskincare.co.uk)).

**WHAT'S FLOATING YOUR BOAT?** Let us know on our facebook page, [facebook.com/coastmagazine](https://facebook.com/coastmagazine), or email us at [coast.enquiries@kelsey.co.uk](mailto:coast.enquiries@kelsey.co.uk)



## PAINTS THAT POP

Taking inspiration from Cornwall's Mousehole and St Ives, to St Mary's and Bryher on the Isles of Scilly, Keith Browning creates rapid sketches in pen and ink, then adds watercolour before scanning the images and manipulating them digitally. It's at this point that he modifies the colours to make his Giclée prints stand out. We love this Bryher Beach Studio piece ([keithbrowningart.com](http://keithbrowningart.com)).



coast  
BOOK OF THE  
MONTH

## ABOUT A BAY

In her recently published book *The Gathering Tide*, author Karen Lloyd takes readers on a series of walks that traverse 60 miles of evocative coastline. She explores the stories of the places, people, wildlife and history of Lancashire's Morecambe Bay, re-discovering memories in a moving account. *The Gathering Tide: A Journey Around the Edgelands of Morecambe Bay* by Karen Lloyd (£12.99, Saraband Press).

## LITERARY WAVES

Make sure to visit Weymouth on 12-13 March for the literary festival Weymouth Leviathan.

This two-day celebration incorporates lectures from top authors, a chance to chat to them about their work, as well as a screening of *Moby Dick* ([weymouthleviathan.org.uk](http://weymouthleviathan.org.uk)).



# TEN THINGS *to do* THIS MONTH



## 1 UNCOVER NEW MUSIC BANGOR 1-6 March

A celebration of contemporary music, the Bangor Music Festival brings talented artists to North Wales this month. The programme this year includes performances, masterclasses and lectures ([bangormusicfestival.org.uk](http://bangormusicfestival.org.uk)).

## 2 MAKE CHOCOLATE LYME REGIS 19 March

During a full-day chocolate course with Chocolate Amour, students will learn tempering, dipping and moulding techniques, and come away with their sweet creations ([chocolateamour.co.uk](http://chocolateamour.co.uk)).

## 3 EXPLORE DUBLIN DUBLIN 25-27 March

Whether you're a novice walker or an experienced hiker, the Dublin Walking

Festival will have something to tantalise your inner explorer. Try the full moon walk or a landscape photography amble ([ireland.com](http://ireland.com)).

## 4 MOOCH AROUND BROADSTAIRS 26-28 March

Now in its fourth year, the Broadstairs Spring Fair is bringing over 50 stallholders to Pierremont Park. Market browsers will have the chance to try and buy food and drink from a host of local producers ([visitthanet.co.uk](http://visitthanet.co.uk)).

## 5 ADMIRE FLORA BRIDLINGTON 5-6 March

See a vast and brilliantly vibrant selection of orchids at the Burton Agnes Orchid Festival. These will be available to buy, but first, listen to an expert talk and learn about caring for your new plant ([burtonagnes.com](http://burtonagnes.com)).

## 6 GET GEEKY EDINBURGH 26 March – 10 April

Expect two weeks of family-friendly fun at the Edinburgh International Science Festival. The event includes discussions, workshops, performances and a range of exhibitions ([edinburghfestivalcity.com](http://edinburghfestivalcity.com)).



## 7 BRUSH UP ON YOUR WRITING DOOLIN 4-6 March

If you're passionate about the written word, take a trip to Doolin Writers' Weekend and participate in readings, literary tea parties, publishing seminars and workshops for writing fiction and poetry ([doolinwritersweekend.com](http://doolinwritersweekend.com)).



## 8 SEE COASTAL ART PADSTOW All year round

The Jane Reeves Gallery on Padstow harbour is decked out with ceramics, prints, sculptures, jewellery and mosaics to evoke the spirit of the sea in you ([janereevesgallery.co.uk](http://janereevesgallery.co.uk)).

## 9 CRUISE AN ISLAND IRELAND 27 March – 3 April

Take to the seas with Fred Olsen on its seven-night Easter Ireland cruise. Holidaymakers will visit Belfast, the Giant's Causeway, Dublin and Cobh in County Cork ([fredolsencruises.com](http://fredolsencruises.com)).

## 10 DISCOVER WILDLIFE CHRISTCHURCH 13 March

On Christchurch's harbour, viewings of lapwings, egrets and kingfishers are popular. Explore with an RSPB guide for an enhanced wildlife experience ([rspb.org.uk](http://rspb.org.uk)).





# DISH OF THE MONTH



## Smoked Venison Tartare, Red Cabbage Ketchup & Truffled Egg Yolk Jam

- 80g venison fillet, diced
- 1 tbsp shallots
- 1 tbsp capers
- 1 tbsp cornichons
- A few dashes of truffle oil
- 3 tbsps champagne vinegar
- 1.5 tbsp Dijon mustard
- Pinch of salt
- Pinch of pepper
- Pinch of caraway seed
- 1.1g xanthan gum
- 5 egg yolks
- Drizzle of truffle oil

### METHOD

1. For the venison, combine all the ingredients and season.
2. Combine the cabbage and red wine in a sousvide bag and cook in a water bath at 95°F for 90 minutes. Combine with other ingredients and blend well in a food processor to form a purée. Pass through a fine sieve and cool.
3. For the truffled egg yolk jam, cook the yolks at 64°F for 2 hours in a water bath. Pass through a sieve and season with salt, pepper and a drizzle of truffle oil.
4. Plate each element and serve with toast.

## COOL CAFÉ

*Alex Fisher eats at the Porthminster Café, St Ives, Cornwall*

**WHET MY APPETITE** Excellent local seafood combined with freshly picked herbs and vegetables from their own kitchen garden. We tried the Seafood Linguine, which was packed with Cornish crab and mussels.

**WHAT'S ON THE MENU?** Dishes range from Cornish Chowder with Brown Shrimps and Smoked Fish, to the more complex evening dishes such as Grilled Cod Fillet with Caper Dumplings, Brown Crab Velouté and Surf Clams. Their take on Petit Fours makes an ideal alternative to a heavy dessert, which they serve with Umeshu, a Japanese dessert wine.

**HOW'S THE MOOD?** Beach life at its best: super stylish but still relaxed enough for flip-flops.

**CAN I SEE THE SEA?** The café sits directly on the beach and the views are heavenly. There's a long stretch of white sand and turquoise sea. If it's warm enough you can sit out on the balcony and look out for seals.

**WHAT'S THE DAMAGE?** Light lunches start at £8.95. In the evenings starters are around £8 and main courses between £16 and £24.

**OPENING TIMES** The café reopens after its winter refurbishment on 13th February, just in time for Valentine's Day. *To book call 01736 795352.*



## BIG FISH TO FRY

Support sustainable fishing and preserve Cornwall's marine biodiversity by giving family-run online service The Cornish Fishmonger a try. It has over 30 species of seafood to choose from, all freshly fished from Cornish waters. Your choice can then be delivered to your door within 24 hours of it being landed. Plus, for every lobster bought, the business will donate £1 to the National Lobster Hatchery ([thecornishfishmonger.co.uk](http://thecornishfishmonger.co.uk)).



# Coast character

Cornish surfer Lucie Donlan on the thrill of catching the perfect wave and how she's sharing her love of the sport with others

INTERVIEW **Gabrielle Jaffe** PHOTOGRAPH **Jade Berry**

*M*y dad got me into surfing when I was 10. I grew up in Wadebridge, 20 minutes from Polzeath Beach. We'd go backwards and forwards to the sea like a yo-yo. Now that I live in Newquay and I'm at the Surf Academy at Treviglas, I'm in the water most days. Newquay is the perfect place for a surfer. There are so many beaches to choose from and you see people in the streets and at cafés with their wetsuits on – it's such a big part of town life.

When you're out on the water, you leave everything on land behind. All you think about is getting that perfect wave. Once you're up on your board and the salt's spraying, you just don't want to stop. You keep saying 'just one more wave', then go back again and again.

I used to do competitions but I prefer surfing with people, not against them. I'm a qualified instructor and I coach in the summer. The most rewarding lessons I've given have been with the Wave Project, a charity that teaches kids with disabilities to surf. They just love it. Even if they can't stand up, they're so happy to be in the sea.

In winter, there are fewer crowds and there's more room in the water. The cold can put you off. But you just put on your wetsuit, hood, boots and once you're out there, you know it's worth it – especially in the evening, when the sun's setting; the colours in the sky, the glassy waves – it's amazing to feel part of that.

For more about Lucie, visit [lucierosendonlan.com](http://lucierosendonlan.com).







## HOT HOTEL

### *The Carbis Bay Hotel & Estate*

#### WHAT'S THE BUZZ?

You'd be hard pushed to find a hotel and spa with a more stunning view than this. Overlooking the sandy Blue Flag beach, it's an idyllic setting for a weekend away. We even saw seals frolicking in the waves.

#### WHAT ARE THE ROOMS LIKE?

The décor mixes modern with traditional. Sweeping tiled bathrooms are combined with feature wallpaper and chandeliers. Touches of colour are added with floral prints and stripes. All of the 47 rooms in the hotel are unique and individually designed.

#### LUXURIOUS TOUCHES?

The hotel has an extensive spa and pool area, with

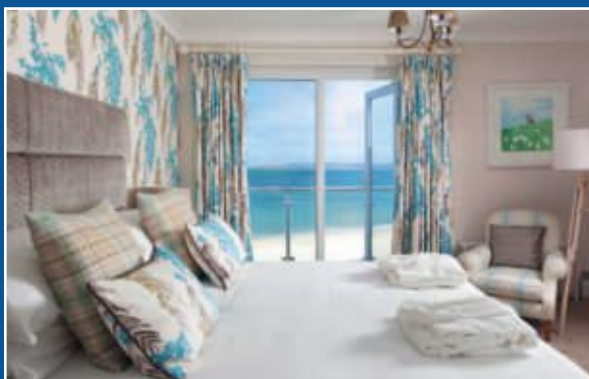
fantastic views of the ocean from the outdoor pool, Jacuzzi and steam room. There's a champagne bar inside the spa with large comfy sofas to relax on.

#### BEST SEA VIEW?

The deluxe rooms have balconies and panoramic sea views.

#### HOW'S THE FOOD?

You can eat at the hotel restaurant but we loved the Beach Club best, which sits on the sand, a few metres from the hotel. We tried the Pan-Scorched Scallops with Pomegranate, Lobster and Prawn Linguine and finished with a Broken Singapore Sling served with a Gin and Chambord Cocktail.



#### WHAT WILL IT COST?

Rooms start from £100 per person, per night. Add just £20 to include dinner at the Sands Restaurant. To book call 01736 795311 or visit [carbisbayhotel.co.uk](http://carbisbayhotel.co.uk).

#### HOW TO GET THERE

Carbis Bay has a train station, managed by Great Western Railway. It takes about six hours from Paddington station, changing at St Erth.

**Alex Fisher**



### SAILING SUCCESS

Sailors Phil Sharp and Alex Alley (supported by marine clothing brand Henri Lloyd), plus adventurer Sean Conway have completed the Length of Britain Challenge. The tough sail from Land's End to John O'Groats took the trio three days, 11 hours, 52 minutes and 15 seconds. Sharp's next challenge will be to hop aboard a zero-emissions vessel, and attempt the Vendée Globe, which is the only non-stop, single-handed race around the planet. We wish him the best of luck ([philsharpracing.com](http://philsharpracing.com); [henrilloyd.com](http://henrilloyd.com)).

PHOTOGRAPH: RODDY SCOTT PHOTOGRAPHY

## FLASH, BANG, WALLOP!

*What a picture: this month's reader snap*



~ 1961 ~

Reader **Pauline Ward** (centre) sent us this snap of herself on the beach at **Rhyl** in **North Wales**. 'That was over 50 years ago and I can still remember the excitement of our donkey ride,' she says.

# WIN A THREE-NIGHT CORNISH GETAWAY

We've teamed up with Richardson Hotels to offer one lucky winner and a guest a luxury break in Cornwall, including afternoon tea and tickets to the Eden Project



The Richardson Hotel Group is a collection of five individual hotels, situated in stunning locations on the South Devon and Cornwall coasts. All offer period architecture, breathtaking views and award-winning dining.

Our winner and a guest will enjoy a three-night stay at The Metropole or Fowey Hotel in an Executive Sea View room. This includes breakfast, dinner each evening in the hotel's AA rosette restaurant, a champagne afternoon tea,

a bottle of Prosecco, homemade fudge, plus two tickets to the Eden Project.

## READER OFFER

Readers can save around 15 per cent on a two-night break at The Metropole or Fowey Hotel from 1 April to 30 June 2016 paying £345.\*\* This includes afternoon tea, a Sea View room, a Cornish breakfast and a bottle of Prosecco. Call 0800 005 2244 or email [reservations@richardsonhotels.co.uk](mailto:reservations@richardsonhotels.co.uk) quoting COAST1.

## HOW TO ENTER

Go to [coastmagazine.co.uk](http://coastmagazine.co.uk) and answer the following question by 26 February 2016:

**How many hotels are there in The Richardson Hotel Group?**

**A) Three B) Four C) Five D) Six**



**TERMS AND CONDITIONS** \*Offer (based on two sharing a standard double/twin room and saving approximately 15%), valid from 1 April 2016 until 30th June 2016, subject to availability of allocated rooms and new bookings only. Supplements apply for upgrades. Excludes Festival of Words and Music Week. Prize valid for six months from when winner is announced, excluding Bank Holidays and festivals and subject to availability. Entries close at midnight on 26 February 2016 and the winner will be drawn 29 February 2016. The winner will be notified within 28 days of the close of entries. The draw is final and no correspondence will be entered into. Entry is free. Open to residents of the UK aged over 18. Employees of Kelsey Media and their family members are not eligible to win. Only one entry permitted per person, no bulk entries will be accepted. The first correct entry drawn after the closing date will win. There is no cash alternative and the prize is not transferable. If any prize or product is lost or damaged during the course of delivery to the recipient, Kelsey Media will provide reasonable assistance in seeking to resolve the problem. However, it will not always be possible to obtain replacements for lost or damaged goods, and in that event, no financial compensation would be payable by Kelsey Media or their affiliates. We reserve the right to cancel the competition, if circumstances change that are beyond our control. By entering you agree to be bound by all the rules and agree that your surname and county may be released if you win. By providing personally identifiable information when entering this competition, you are agreeing that we may use it to provide you with on-going information about our products and services, although you can unsubscribe at any time, if you wish to do so. coast is a Kelsey Media brand. Kelsey Media will only ever use your information in line with its Multi Layered Privacy Notice. For full details, visit [kelsey.co.uk](http://kelsey.co.uk). If you have any questions please ask as submitting your data indicates your consent, until you choose otherwise, that we may contact you about products and services that we believe to be of relevance to you.





## CORNISH GEMS PROVIDE HOLIDAY ACCOMMODATION WITH THE 'WOW' FACTOR



### THE COFFEE LOUNGE

Cornish Gems St Ives Office and Coffee Lounge has become an invaluable one-stop shop to meet the team, discuss booking/letting a property whilst enjoying a barista-served coffee and freshly prepared lunch.



### ST IVES APARTMENTS

Complement your time in St Ives with a chic apartment. Wander from holiday door to sandy shore in moments. Take advantage of private parking, sea-facing balconies and luxury interiors. Cornish Gems offer over 25 apartments to rent in St Ives.



### CORNISH CRIBS

Cornish Gems exclusive Cornish Crib portfolio showcases a small collection of private houses with an emphasis on size, superior standards and attention to detail. Expect to find hot tubs, home-cinema rooms, swimming pools and tennis courts.



### BOUTIQUE FOR TWO

Love, laughter and lazy days set the scene for an ideal escape in Cornwall created for two. Cornish Gems offer a tempting selection of one-bedroom luxury homes and invite couples to reconnect and unwind with a healthy dose of vitamin sea and Cornish zen.

## Spotlight on...

# CORNISH GEMS

Holiday letting specialists Cornish Gems are the 'go-to' for those looking for a luxury holiday home, cottage or apartment to rent in Cornwall

Cornish Gems offer an extensive portfolio of over 170 much-loved, luxury hand-picked holiday homes, cottages and apartments. Choose from coastal clifftop retreats, charming fishermen's cottages, chic penthouse apartments, boutique boltholes made just for two or majestic houses where extended families can rest and play. Cornish Gems properties are well equipped with all the holiday essentials you could possibly need and are presented to an exceptional standard. Swap your urban heels for summer sandals. Your holiday starts here!

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LEFT From the balcony of Salubrious House in St Ives, guests can enjoy unrivalled views of the harbour and beaches BELOW Picturesque St Ives boasts stunning sands, top-class food and a vibrant art scene

Isles is set to impress. Miles of golden sand beaches flank the rugged coastline and stunning seascapes of the North, whilst the picture-perfect coves and quintessential fishing villages of the South coast bring a welcome contrast, just waiting to be explored. Cornwall is also highly acclaimed for its cuisine, attracting food aficionados all year round.

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WRITTEN BY JEN MORGAN



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Maya's passion for the nation's coastline was born out of a childhood spent by the sea, where her fascination with rockpooling evolved into a career as a marine ecologist and author. She has made her home on the Devon coastline with her family, where she spends her days diving, kayaking and educating school children on the wonders of the sea.

# MARINE LIFE

coast columnist *Maya Plass* uncovers the fascinating folk history and curious biology of an unusual marine creature, the goose barnacle ILLUSTRATION **Tom Jay**

Walking along a windy Devon beach with a friend, I was saying how disappointed I was that I hadn't come across any goose barnacles of late. As I said this I was, as usual, scouting the strandline for treasures. Then, all of a sudden, I caught sight of a small, well-travelled plastic bottle with goose barnacles firmly attached.

## A MYSTERIOUS ANIMAL

This goose barnacle (*Lepas anatifera*) has a long, smooth, curved dark neck just like the barnacle geese that can be seen across from the shore on neighbouring wetlands. This is really where the similarities end between these neighbouring feathered and marine creatures.

The goose barnacle is, in fact, a crustacean and related to the crabs and lobsters in our seas. However, there was a time when we thought that the feathered

barnacle goose was actually born from this crustacean, which looks a little like an egg on a stalk. As a result, this bird was not considered as meat and was allowed to be eaten on Friday, when the church normally banned the eating of meat.

The neck of the marine goose barnacle is firmly attached to the piece of flotsam or jetsam, while its 'head' is made up of white, shell-like plates with an egg-yolk orange edge. They have curled feet which, when live, thrust rhythmically out from between the shell plates and capture food from the water. These curled feet look like hairy spider legs and are very effective in catching their prey!

## TIDAL TREASURES

If you do find some fresh, storm-blown flotsam with a goose barnacle attached, try dipping it in a rockpool and see if the curled feet come out to feed. When we find things washed ashore, it's worth spending some time exploring all the detail of these unexpected and occasional visitors. You never know when you might get a chance to see them again!

'When we find things WASHED ASHORE, it's worth spending some time EXPLORING ALL THE DETAIL of these UNEXPECTED VISITORS'









# LET THERE BE LIGHT

The transformation of a run-down arts club into a boutique guesthouse in Penzance has been a life-changing project for city émigrée Susan Stuart

WORDS *Lesley Gillilan* PHOTOGRAPHS *Paul Ryan-Goff*

From the Chapel  
House garden  
you can see  
Mount's Bay and  
the harbour





**ABOVE** Susan walks on the beach at Marazion near Penzance. At low tide, you can walk across to St Michael's Mount **OPPOSITE, TOP** Sunlight pours through sash windows in the drawing room. The sofa, ottoman and rug were bought in local furniture shop East of Here. The big arc lamp, a vintage nautical signal light, was picked up in St Ives **OPPOSITE, LEFT** The beautiful door in the hallway is one of Chapel House's restored original features **OPPOSITE, RIGHT** Susan heads to Stevenson, a harbour-side fishmonger in Newlyn. 'I like to go every day so it's utterly fresh,' she says. Brill, scallops and crab are her favourite buys

**D**uring the first few weeks of owning Chapel House, Susan Stuart spent 'hours and hours' just wandering from room to room, gazing at the sea and the changing light. 'I think it's really important to get the measure of a place,' she says, 'so that you can see how it feels, where the light comes in and where the views are.'

From the upper floors of her handsome Georgian home, she found herself gazing across the slate and granite townscape of old Penzance, at boats bobbing in the harbour; the mesmerising sweep of Mount's Bay and, in the distance, the island-castle of St Michael's Mount with the hazy outline of the Lizard Peninsula beyond. From side windows, she peered at fellow Georgian houses on historic Chapel Street, and the granite tower of St Mary's Church next door. As she discovered, most of the rooms are often drenched in sunlight – the kind of pure, invigorating light that has attracted artists to this far-west corner of Cornwall for more than a century. After years of living in London – and yearning to live by the sea – Susan was in heaven, but for all its charms, buying this Grade II-listed landmark building was a huge leap of faith.

The house she fell in love with was built in 1790 as a family home (early owners include the Royal Navy's Admiral Samuel Hood Linzee,

who no doubt peeked at his fleet from the windows). From 1993, it was run as the Penzance Arts Club, a once-venerable institution, with a gallery, bar and guest rooms, before it gradually declined and finally closed. Susan spotted the club when it first appeared on the market in 2007. The guide price was £1.2 million but she kept an eye on it; and over several years she watched the price slowly come down. An email saying the vendor was now seeking offers over £500,000 saw her scurrying down to Cornwall.

The building she stepped into was clad in brown pebbledash; inside, most of the walls were painted oxblood red – including the ceilings; there was a catering kitchen in the basement and the top floor was a warren of corridors and gloomy rooms. Later, she would discover that the central chimney was a whisker away from a catastrophic collapse. 'It was quite depressing,' says Susan. 'But what I saw, beyond the dark paint, was a glorious Georgian house. Nobody had looked after it for years – and that really appealed to my maternal instincts.'

Within seconds, she had made her decision. 'I wanted it so badly, I thought, I'll buy it now, and then I'll think about how I'm going to make a living later – it was a completely upside down way of doing things.'









## OPERATION RESCUE

A chartered accountant, Susan had spent more than 35 years in London. She'd already made a sideways career move by giving up the city for a job as chief executive of the charity, Thrive. But in 2012 she was ready for a lifestyle change, and in the sale of Penzance Arts Club, she saw the perfect opportunity.

'The more I looked at the house, the more I could see how it could work,' she says. She envisaged a boutique guesthouse – more upmarket than a B&B, but not as formal as a hotel. 'I wanted my guests to feel as though they were staying with a friend who happened to live in a lovely house. And the house would still be my home.' She was brimming with ideas, but from the outset, she knew she couldn't do it alone.

Happily, local architect Keith Bell jumped at the chance to work on one of the town's most loved buildings. 'It's been central to a lot of people's histories in Penzance,' he explains, adding that he announced his own marriage at a party in the old Arts Club bar. 'This was a project very close to my heart.'

Susan describes Keith as ethical and intuitive; Keith describes Susan as a client

with real vision. 'She literally rescued the place from dereliction,' he says. 'The building desperately needed help, and the whole project has been as much about regeneration as it has about creating a boutique hotel.'

While a team of builders tackled the crumbling structure, the two of them hatched a plan for the interior space. 'It was all about the light, the changing colours of the sea and bringing the outside in,' says Susan.

On the ground and first floors, the priority was to restore the building's beautiful architectural features. And Susan was very much part of the team. She spent months stripping paint off sash windows, shutters, architraves and the stunning hall door with its ornate glazed fanlight. 'We called her the Chapel Street stripper,' laughs Keith. For weeks, she mounted a scaffolding tower, stripping cornices on the stairwell.

Upstairs and downstairs, there were few features worth saving, so they were able to take a more interventional, contemporary approach. In the basement, they enlarged the windows – set into a deep granite wall nearly a metre thick – and created a light, open-plan kitchen-diner with room for guests to

**ABOVE** Apart from the original granite floor, the basement had no architectural features worth saving, leaving Susan a blank canvas and an opportunity to introduce a more contemporary look. The table was custom-made by local furniture-maker Ben Williams. Susan imported the chairs from her old home in London, but had them recovered by a local upholsterer. A choice of help-yourself, homemade cake lies on top of the sideboard – a midcentury original by Danish designer Ib Kofod-Larsen, which she bought in the Daisy Laing Vintage Studio in Chapel Street

**RIGHT** Midcentury modern meets Georgian architecture in a room with a view on the top floor

'IT'S GREAT TO SEE  
*people* ENJOYING  
THE HOUSE AND  
VIEWS *and* LOVING  
PENZANCE *as*  
MUCH *as* I DO'







Susan uses foraged wild apples to make her jam. Cooking is a passion and she pushed the boat out to have this custom-made kitchen by Penzance craftsman George Robinson



**ABOVE** Decorated in calming white and pale greys, spacious Bedroom Two has double-aspect sea views, a handmade oak bed by Ben Williams, a modern wood-burner in a Georgian fireplace, and an egg-shaped Ashton & Bentley bath, which is set on a plinth of slate specially made to protect the painted floorboards from the wet

**RIGHT** Watery views are framed by the magnificent arched window on the stairwell



eat breakfast or enjoy one of Susan's delicious homemade suppers. On the top floor, they removed the low ceilings and opened up the roof space. A defining feature of the building's transformation is a long, angular glass roof dormer, which extends from a lounging space on the top landing and into one of the guest bathrooms, flooding both with natural light. 'It's the best place in the house to catch the sunset,' says Susan.

## THE ART OF LIVING

Funded by the sale of Susan's London house, and most of her savings, the regenerated Chapel House has been open to guests since May 2015. The Arts Club's boho bar is now an uncluttered white space, simply furnished with well-chosen pieces that allow the beauty of the original features to speak for themselves.

'Georgian architecture goes really well with simple modern furniture as well as furniture of its own time,' says Susan. 'And I already had a fair bit of both from my house in London.'

In the six stylish bedrooms on the two upper floors, Susan's seemingly effortless style skilfully mixes the old, the new and the vintage. The predominantly white and soft-grey décor is livened up with fabrics and ➡➡➡



## SUSAN'S PENZANCE FAVOURITES

### Secret swimming

'I love the hidden cove at Porth Nanven, tucked down the Cot Valley near Land's End. The beach is all boulder-size pebbles, but past half tide, there's a little stretch of sand, weird-shaped rocks and a lagoon which is perfect for swimming.'

### The Penzance Lido

Susan is involved with the Friends of Jubilee Pool, and has used her charity experience to help raise funds to repair the damage caused by the winter storms in 2014. The iconic seawater pool, will re-open in 2016 ([jubileepool.co.uk](http://jubileepool.co.uk)).

### Coastal walks

She particularly likes the path from Zennor to Cape Cornwall, a dramatic stretch of rocky coastline, where the wild prehistoric landscapes of Penwith Moor meet the ruined engine houses of the Cornish Mining World Heritage site.

Bedroom One has a restored original fireplace. The painting by colourist Robert Kelsey echoes the colours of the seaside landscape seen from the windows





**ABOVE** The striking glass roof dormer gives a modern edge to the top floor **LEFT** From up here, you get the best views of St Mary's Church – and the sunset



accessories in 'sea colours' – including bright upholstery, rugs and works of art.

In keeping with the heritage of the building, Susan has devoted the walls of the hall and drawing room to an exhibition of paintings curated by the Newlyn School of Art and these are offered for sale (Susan donates her commission back to the school to help fund its courses). She is passionate about supporting Cornish suppliers and local enterprise.

'I love cooking with local ingredients,' she says. 'The butcher is full of local meat and you can walk to Newlyn and buy fresh fish straight off the boats. I'm in culinary heaven.'

The kitchen is Susan's domain, as is her live-work space in the basement, but in the rest of the house, she takes a backseat – 'a happy compromise', she says. 'I don't mind sharing my space with guests. It's great to see people enjoying the house and the views and loving Penzance as much as I do.'

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A photograph of a modern interior space. A large, sculptural light fixture made of many small, white, bone-like pieces hangs from the ceiling. The room has a high ceiling and a staircase with a dark railing.

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Image courtesy of @justinshaulis: Shoal186 suspended in series in a private residence on the East Coast of USA

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### RETRO SEAT

Introduce quirky designs like this Klein **dining chair**, £219 for two, Claire Gaudion at Swoon Editions



### BOLD MOVE

Look out for upholstery in bright shades. 1958 **armchair**, £585; Luxe round **side table**, £195; Luxe **console table**, £350, all Oliver Bonas

## GET THE CLASSIC LOOK

With statement furniture, stylish accessories and hints of colour



### BLUE MOOD

Tonal blues and greys create a restful scene, all £37 for 2.5ltrs absolute matt **emulsion**, Little Greene



### TAKE A DIP

This Kyoto freestanding **bath** is an elegant choice, £2,350, Fired Earth



### FINE FURNITURE

Choose classic pieces like this Georgian **chest of drawers**, £645, The Old Cinema



### COLOUR SPLASH

Accents of bright orange will liven up your space. Petal **side table**, £147, Curvalinea at Clippings



### LIGHT UP

Pick distinctive lighting, such as this striking Focus **spotlight**, £1,327, Sweetpea & Willow



## THE COASTAL WARDROBE

Sport fashionable yet durable outdoor wear for Cornish coastal rambles this month, says Fashion stylist *Polly Banks*



COMPILED BY POLLY BANKS FOR WHERE TO BUY, SEE STOCKISTS PAGE

- 1 Light blue merino wool **sweater**, £50, Cos 2 Vaughan **backpack**, £80, Penfield 3 Men's Vassan **jacket**, £140, Penfield  
 4 Navy wool **sweater**, £105, Gant Rugger 5 Low pro Live Simply trucker **cap**, £22, Patagonia  
 6 Performance tech straight-fit **jeans**, £100, Patagonia 7 Anderson's leather-trimmed woven **belt**, £70, Mr Porter  
 8 Otis roughout-leather **boots**, £205, Grenson 9 G-Star cotton khaki **shirt**, £80, House of Fraser

## THE COASTAL WARDROBE

A springtime walk along the beach calls for jeans, light boots, a statement sweater and a waterproof cape, says Fashion Stylist *Polly Banks*



FOR WHERE TO BUY, SEE STOCKISTS PAGE

- 1** Navy cape, £70, Penfield **2** Comme des garçons neon leather wallet, £70, Net-a-porter **3** Silver-and-gold-plated feather ring, £148, Dower & Hall **4** Cable knit ankle socks, £8, Topshop **5** Boyfriend crop jeans, £70, Patagonia **6** Legendary boots, £90, Kickers **7** Hologram backpack, £39.99, Mi-Pac **8** Blue Fitz Roy Down jacket, £300, Patagonia **9** Polo Ralph Lauren paint-splattered sweatshirt, £130, House of Fraser **10** Leather and wood sandals, £49.95, Moda In Pelle



# BLUE IS THE COLOUR

With spring around the corner, be bold and make a statement with on-trend indigos and cobalt finds

COMPILED BY *Emma Clayton*



## FEATURE WALL

For a dazzling decorating effect try Little Greene's special-edition Ultra Blue paint, £49 for 2.5ltrs





### PATTERNED PIECE

Choose stylish pieces for outdoor lounging like this Casamance Torre scatter **cushion**, £150, Indian Ocean

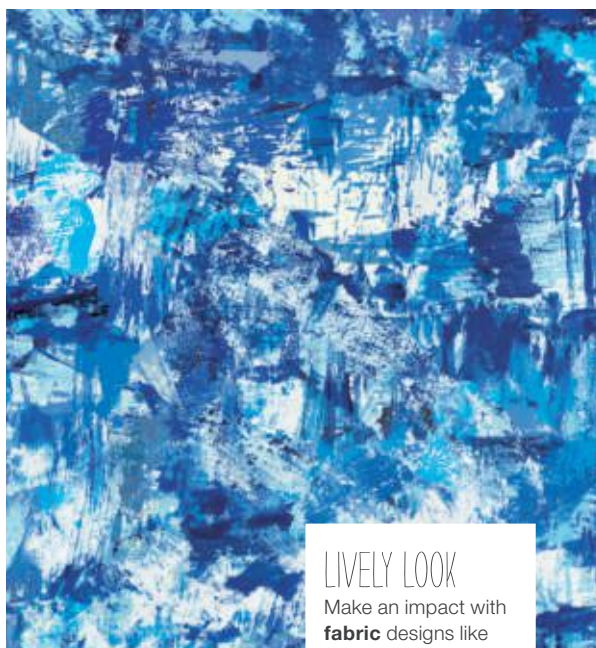


### QUIRKY TWIST

Look out for unusual pieces such as this Distortion **candlestick** in blue, £25, Rume

### TICK TOCK

This crooked wall **clock** is a truly unique timepiece, by Progetti, £260, Amara



### LIVELY LOOK

Make an impact with **fabric** designs like Liberty's Porthmeor Beach in Atlantic Ocean, £115 per m

### BOWLED OVER

This hand-blown glass **bowl** in Ocean Blue makes a lovely centrepiece, £81, English Antique Glass



### COOL COMFORT

Create a contemporary look with this Café **sofa** in Paintbox Blues, from £1169, Sofas & Stuff



### MODERN MATERIALS

Ideal for bedside storage, this blue wood and metal **cabinet** is £360, Holly's House







## FRESH IDEA

Give your bedroom a makeover with this Moroccan Blue range by Sainsbury's. Embroidered **bed linen**, £25 for a double set; knit **throw**, £35; printed stripe **cushion**, £12; printed tassel **cushion**, £12; embroidered navy **cushion**, £14; white **lantern**, £22





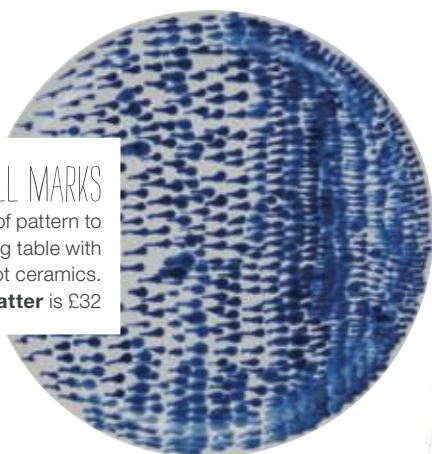
### SPLASH OUT

For a touch of fun get your hands on this quirky **cushion**, £12.99, Homesense



### LUXE LOUNGE

Put your feet up and relax with this sumptuous Jasper **pouffe** in Persia Blue, £99, Swoon Editions



### FULL MARKS

Add a dash of pattern to your dining table with Habitat's Blot ceramics. This **platter** is £32



### WELL SPOTTED

Teatime will be a treat with this spotty **jug**, £30, Habitat



### SWEET DETAIL

For decorative detail, this pretty Cyanotype tealight **candleholder** is ideal, £15.50, Decorator's Notebook



### INDIGO MIX

This Alpine high-back **chair** in Harlequin Amoura Ink/Indigo fabric makes a bold statement, £1,109, Multiyork

### DIP IN

Distinctive ceramics are great for putting on display. Blue ombre **vase**, £14.99, Homesense



### SOFT TOUCH

This Seaside Blue zigzag **throw** will add interest to neutral interiors, £58, The British Blanket Company





There are more than 100 islands around the UK, and one of the greatest challenges for these communities is how to make a living all year round. Despite the additional cost of ferry transfers and transport, this didn't deter Liz Earle (pictured above) and Kim Buckland from setting up their business on the Isle of Wight. 'As the daughter of an admiral,' Liz explains, 'I'd always lived by the sea. Although we moved a number of times, the view of the ocean was a constant for me. Kim already lived on the Isle of Wight, and its scenic beauty made it an inspirational setting for a skincare business.'

When the pair started out, their plan was to create a beauty range that would be suitable for delicate and eczema-prone skin, and what they discovered was that botanical ingredients offered better results than their synthetic equivalents. 'We often underestimate the power of nature,' says Liz. 'Our skin's own natural sebum is highly compatible with natural plant oils. Botanicals tend to be more easily assimilated. There isn't the same relationship with man-made ingredients.'

They didn't think so much about the future of the brand. 'We just worked day by day. We started out with an idea we believed in, and followed wherever that took us. We wanted to make products that

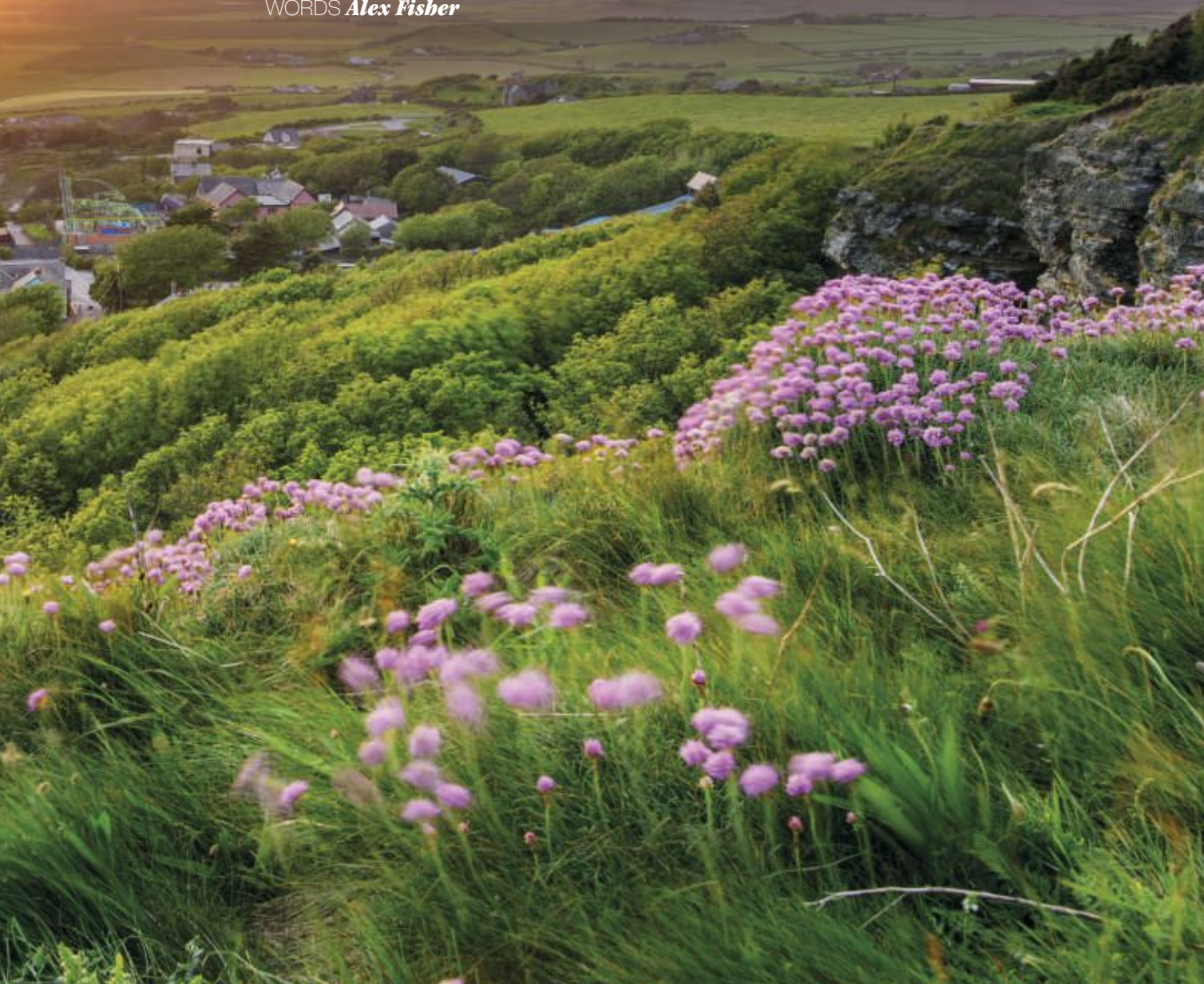




# AN ISLAND HOME

Sustaining a business on an island is never easy. So when friends Liz Earle and Kim Buckland launched their company on the Isle of Wight in 1995 they never expected it to grow into one of Britain's most-loved beauty brands

WORDS *Alex Fisher*





were as rigorously tested as any conventional synthetic-based brand. Our products had to really work if they were going to compete in the crowded beauty market.'

### AN INSPIRATIONAL PALETTE

Much of the look and feel of the packaging was inspired by the colours of the Isle of Wight. 'The blue tones came from the sea and the sky, the lilac is the exact colour of the sunset over Cowes in summer, and the colour of the men's products comes directly from the wet sand shade on the island. The influence of the Isle of Wight can be seen in every element of the brand.'

As the company rapidly grew, extra hovercraft trips to the mainland had to be arranged to deliver their packages. 'Initially, our reputation spread by word of mouth. Our products worked and people shared this with their friends. People also liked the fact they could call up and speak to a real person, and the fact that those people lived on the Isle of Wight meant that they were some of the most friendly and relaxed people they could hope to

talk to. The company still wins awards for customer service and I think this is partly because so many of our employees enjoy the relaxed pace of life the island offers. Being by the sea always makes you feel calmer and revitalised. It's really good for wellbeing in general.'

### ECO PRINCIPLES IN ACTION

Today, the brand's leading product, Cleanse and Polish, has won over 100 awards and the company employs more than 300 islanders, making it one of the largest employers on the Isle of Wight. They have also built their own eco-building on the island, housing significant elements of the business, from packaging to product development. The Green House, as the award-winning building is called, was designed to follow the ethical and environmental principles the company was founded on. Here, rainwater is gathered for flushing toilets, a ground source pump – which consists of a network of water pipes running a few feet beneath the lawn where it gathers natural heat from the earth – powers the radiators,



and they have a formidable composter called 'the rocket' which turns food waste from the canteen into compost for the garden. Geoff Day, the company's Environmental Advisor who is based at The Green House says, 'We look into every way we can recycle or reuse materials. You have to be creative to find the best solution. At the moment we are shredding cardboard to make bedding for a local donkey sanctuary, and only after that does it get composted. You can't talk about a lifestyle unless you are trying to live it, and we do. Even the Liz Earle Beauty Co. employees who are based in London spend at least a week training on the Isle of Wight, and it is here that we introduce them to the core principles of the brand, which is all about sustainability and treading lightly.'

### SOURCING RESPONSIBLY

One of the company's employees who has got to know the Isle of Wight through his job is botanist, author and TV presenter James Wong (pictured left). Although still based in London, James

*'YOU CAN'T TALK about a LIFESTYLE unless you LIVE IT, and WE DO. Even the LIZ EARLE Beauty Co. EMPLOYEES who are based in LONDON spend at least a week TRAINING on the ISLE OF WIGHT'*





spends around a week a month on the island as Liz Earle's ethno botanist.

'My job is to ensure the responsible sourcing of the plants and botanicals used in the products. I don't just look at the ingredients, I meet the people who can supply them and the impact this has on their communities. Just the fact that Liz Earle employs an ethno botanist is testament to their genuine commitment to ethical principles. You won't find many other beauty companies who employ someone to do this job.'

'I love coming to the Isle of Wight. As soon as I sit on the top deck of the ferry I begin to decompress; it's another world when you cross the water. We have a beautiful conference centre overlooking the sea, and the islanders are naturally chilled out. In London when people are nice to you it's often because they want something. On the Isle of Wight they are just nice. One of my favourite places is the Botanical Gardens in Ventnor. The unique micro-climate of this area means there are plants here that you will see nowhere else

in the UK. It's amazing.'

Although still the ambassador of the brand, Liz Earle herself is no longer an owner and over the last few years she has branched out, launching *Liz Earle Wellbeing*, a quarterly healthy lifestyle magazine. She also shares her ideas and recipes as a presenter back on *This Morning*, a TV show she started her television career on 27 years ago.

Some fans of the brand were concerned when the company was purchased in 2015, but Liz and James both say the new owners are loyal to the natural and ethical principles the company was founded on. 'They have committed to its island home,' says Liz, 'and there is a real opportunity for international expansion now, which means flying the flag for the Isle of Wight all around the world.' Turn over the page to receive a **free Liz Earle Cleanse and Polish Kit** when you subscribe to *coast*. For more information on Liz Earle Beauty Co., go to [lizearle.com](http://lizearle.com). For details on Liz's magazine, see [lizearlewellbeing.com](http://lizearlewellbeing.com).

## LIZ EARLE'S TOP 5 EXPERIENCES ON THE IOW...

### BEACH BEAUTY

Springvale Beach stretches from Puckpool to Seaview on the north coast and is a mixture of shingle and sand. The beach has amazing views across the Solent on a clear day, making it a perfect place to watch the sailing boats go by and enjoy a peaceful walk.

### LIVE MUSIC

There are plenty of wonderful events that celebrate island life. The Isle of Wight Music Festival takes place in June and has grown over the years, now attracting tens of thousands of people from all over the world.

### GLORIOUS FOOD

Overlooking the spectacular Forelands Beach, The Beach Hut Café at Bembridge is a rustic seafood eatery, with local seafood and produce on the menu.

### HEAVENLY GARDENS

I love Ventnor Botanic Gardens. They have a remarkable collection of exotic and rare plants. The gardens are laid out geographically based on the Mediterranean zones of the world.

### AMAZING SUNSETS

Tennyson Down is a beautiful open downland with sheer chalk cliffs and dramatic sea views. The light and weather conditions are different on every visit. It is perfect for a sunset walk.





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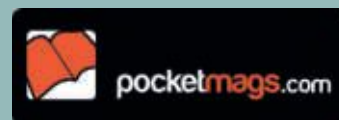
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# 20 HOMES *to buy* BESIDE *the* SEA...

From a thatched farmhouse and coastal tower to a harbourside penthouse and former vicarage, here's our selection of the latest properties for sale along our shores

COMPILED BY *Alice Westgate*



## PROPERTY *of the* MONTH

ALDEBURGH, SUFFOLK

**£1,200,000**

The Old Mill House is an iconic building that was built in 1824 and was converted into a four-bedroom house in 1902. See 1 overleaf...





## 1 ALDEBURGH, SUFFOLK £1,200,000

*Previous page:* The circular central tower has amazing views from its top-floor balcony; there is also a former gun tower in need of renovation. *Savills* (01473 234800, [savills.co.uk](http://savills.co.uk)).

## 2 ABERAERON, CEREDIGION £750,000

Dolaeron is a five-bedroom Grade II-listed home in this lovely harbour town. A separate coach house includes a workshop and three first-floor rooms. *Strutt & Parker* (01584 873711, [struttandparker.com](http://struttandparker.com)).

## 3 WALMER, KENT £675,000

With a fantastic seafront location and views over the Channel, timber-built Downs

Cottage dates from the early 19th century and has four bedrooms. *Bright & Bright* (01304 374071, [brightandbright.co.uk](http://brightandbright.co.uk)).

## 4 Porthleven, Cornwall £750,000

Perched above the harbour entrance, and with southerly views over the water, Bayt Al Godi is a double-fronted former vicarage with four bedrooms and a full-width terrace at the front. *Lillicrap Chilcott* (01872 273473, [waterfrontandcountryhomes.com](http://waterfrontandcountryhomes.com)).

## 5 WEST LOOE, CORNWALL £199,950

From wooden beams to a cosy wood-burning stove, there's a lot of traditional Cornish character at Islander, a two-bedroom cottage with two bathrooms

**7** *This waterfront property in Devon has its own mooring*

and two reception rooms. *Bradleys* (01503 264888, [bradleys-estate-agents.co.uk](http://bradleys-estate-agents.co.uk)).

## 6 ST LAWRENCE, ISLE OF WIGHT £1,100,000

Parklands is a smart detached home on the island's south coast. It occupies a quiet setting and has four bedrooms, a Victorian walled garden and great sea views. *Biles & Co* (01983 872335, [bilesandco.co.uk](http://bilesandco.co.uk)).

## 7 DARTMOUTH, DEVON £1,100,000

Gullsway Boathouse is a detached waterfront property close to the centre of town. It is divided into two apartments, each of which has two bedrooms and a running mooring, plus great holiday





letting potential. *Country & Waterside* (01803 832223, [countryandwaterside.co.uk](http://countryandwaterside.co.uk)).

## 8 PLYMOUTH, DEVON £395,000

No 32 Pinnacle Quay sits in the heart of Sutton Harbour, giving easy access to the Barbican and the Hoe. It has two bedrooms and a private balcony that makes the most of the views. *Lang Town & Country* (01752 200909, [langtownandcountry.com](http://langtownandcountry.com)).

## 9 DALBEATTIE, DUMFRIES & GALLOWAY £675,000

Craigbittern is a refurbished Victorian country house that sits above a beautiful bay on the Solway coastline. It has five double bedrooms and four reception rooms; there is also

a two-bedroom cottage that's a perfect holiday let. *Savills* (0141 222 5875, [savills.co.uk](http://savills.co.uk)).

## 10 LITTLEHAMPTON, WEST SUSSEX £479,950

No 2 Britannia Quay is part of a townhouse development on the River Arun. It has three/four bedrooms and its own mooring. *Henry Adams* (01243 587687, [henryadams.co.uk](http://henryadams.co.uk)).

## 11 LOOE, CORNWALL £750,000

From its elevated position, Havenford House has great views of the town and harbour. It was built in the 1850s and has five bedrooms, four bathrooms, a large conservatory and four acres of land. *Chartsedge* (01392 832446, [chartsedge.co.uk](http://chartsedge.co.uk)).

## SELL YOUR HOME THROUGH COAST

If you have a coastal home to sell and would like it to appear on these pages, email [madeleine.barber@kelsey.co.uk](mailto:madeleine.barber@kelsey.co.uk) for more details. Cost is £50 for subscribers, £100 for non-subscribers. We work three months in advance. Properties are chosen at the editor's discretion.

## 12 BEMBRIDGE, ISLE OF WIGHT £450,000

The Old Post Office has recently been renovated to create a detached house with four bedrooms and a courtyard garden. *Wright Estate Agency* (01983 611511, [wright-iw.co.uk](http://wright-iw.co.uk)).

## 13 BOGNOR REGIS, WEST SUSSEX £160,000

A stone's throw from the water, No 3 Sussex Court is a spacious apartment with one double bedroom. The rooms have high ceilings and bay windows looking out to sea. *Henry Adams* (01243 842123, [henryadams.co.uk](http://henryadams.co.uk)).

## 14 RYE, EAST SUSSEX £225,000

A brilliant bolthole, No 4 Tower Street is a stylish Georgian





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cottage with two bedrooms, a courtyard garden and a studio. *Phillips & Stubbs* (01797 227338, [phillipsandstubbs.co.uk](http://phillipsandstubbs.co.uk)).

## 15 SIDMOUTH, DEVON £1,250,000

Combe Wood House is a listed farmhouse in a secluded setting. It has three bedrooms, three reception rooms and sweeping sea views. It comes with 1.3 acres of gardens and is 700 yards from Salcombe Mouth beach. *Savills* (01392 455700, [savills.co.uk](http://savills.co.uk)).

## 16 FOLKESTONE, KENT £425,000

Ulyett Cottage is part of a converted Victorian school and incorporates the old school tower. It has two bedrooms, plus a terrace and a garden. *Strutt &*

**15** *This former farmhouse sits in rolling hills with panoramic sea vistas*

*Parker* (01227 451123, [struttandparker.com](http://struttandparker.com)).

## 17 NEWQUAY, CORNWALL £700,000

This penthouse makes up half of the top floor and has two bedrooms, two bathrooms, a vast living space and wraparound terraces. *Lillicrap Chilcott* (01872 273473, [waterfrontandcountryhomes.com](http://waterfrontandcountryhomes.com)).

## 18 SEAVIEW, ISLE OF WIGHT £375,000

This beautiful Victorian home is five minutes from the seaside and village, and has been a family home for 40 years. There are four/five bedrooms, two bathrooms and a large kitchen/diner. *Seafields Estate Agents* (01983 812266, [seafieldsproperty.co.uk](http://seafieldsproperty.co.uk)).

## 19 ALDWICK, WEST SUSSEX £590,000

No 1 The Moorings is a four-bedroom apartment on the seafront, with fabulous views from all the main rooms. It has a private sun terrace, and the master bedroom has its own balcony. *Henry Adams* (01243 842123, [henryadams.co.uk](http://henryadams.co.uk)).

## 20 TYNEMOUTH, TYNE & WEAR £675,000

Historic Dolphin House is in the heart of Tynemouth village and has lovely views to the coast. Once owned by William Pitt the Younger, it has an open-plan kitchen/dining space and three bedrooms. *Sanderson Young* (0191 213 0033, [sandersonyoung.co.uk](http://sandersonyoung.co.uk)).

◆ **For coastal house features, see [coastmagazine.co.uk](http://coastmagazine.co.uk)**





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**Greatstone, Kent - £465,000**

A stunning detached property on a no-through road in this sought after coastal town. Generous accommodation includes living room, dining hall, family room, kitchen/breakfast room, study, utility room and 5 bedrooms. A large rear garden provides an enclosed hot tub, summer house and heated swimming pool. Single garage and off road parking. EPC D.



**Camber, East Sussex - £350,000**

A detached single storey coastal property affording stylish, open plan living accommodation hidden behind the sand dunes at the end of a private sandy road. Spacious living room with wood burner, fitted kitchen & dining room, three large double bedrooms & bath/shower room. Sun deck and garden. Parking.



**Rye, East Sussex - £550,000**

A well appointed modern detached house within a small gated private development close to the town's amenities, with off road parking and a double garage. Accommodation includes sitting room, dining room, conservatory, kitchen/breakfast room, master bedroom with ensuite dressing and shower room, 3 further bedrooms. EPC C



**Rye, East Sussex - £235,000**

A lovely refurbished mid terraced three bedroom Victorian house in the town, close to the amenities and station. Accommodation includes living/dining room, kitchen/breakfast room, utility/rear lobby, main bedroom with en-suite, 2 further bedrooms with family bathroom. Garden. EPC D



**Rye, East Sussex - £220,000**

A Grade II listed period cottage located in the lee of the historic landgate in the Citadel of the Ancient Town with views from the first floor to the front over the Town Salts. Accommodation includes Kitchen, sitting room with wood burner, 1 bedroom and shower room and study. Courtyard garden and store.



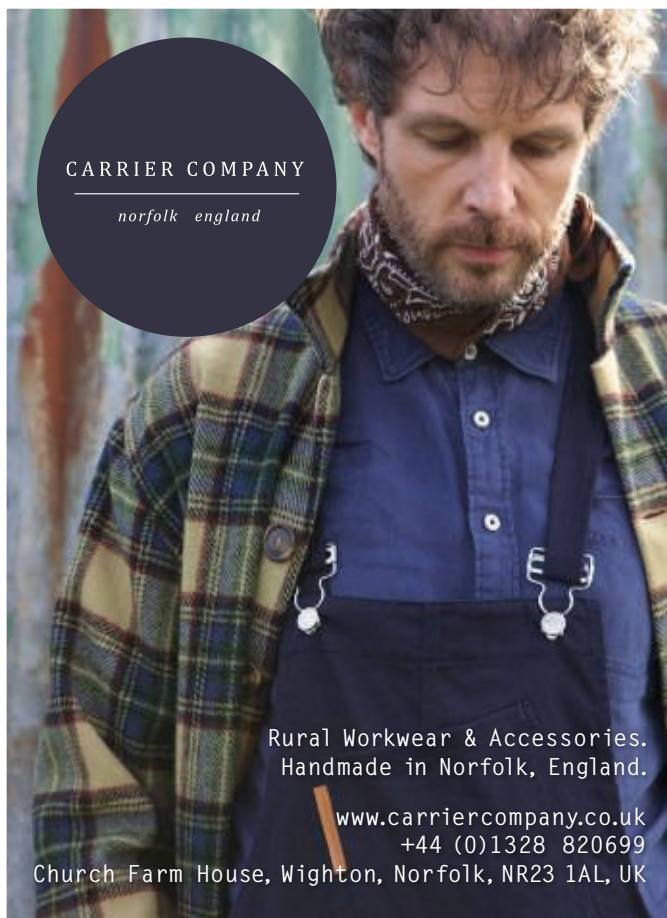
**Rye, East Sussex - Rental £2,950pcm**

A landmark property in the Citadel overlooking the church, with no passing vehicular traffic. This Grade II listed house, featured in BBC's Mapp & Lucia, has light versatile accommodation with period features throughout including 5 reception rooms, 6 bedrooms and 5 bathrooms. A well maintained and mature walled garden.

**RYE OFFICE 01797 227338**  
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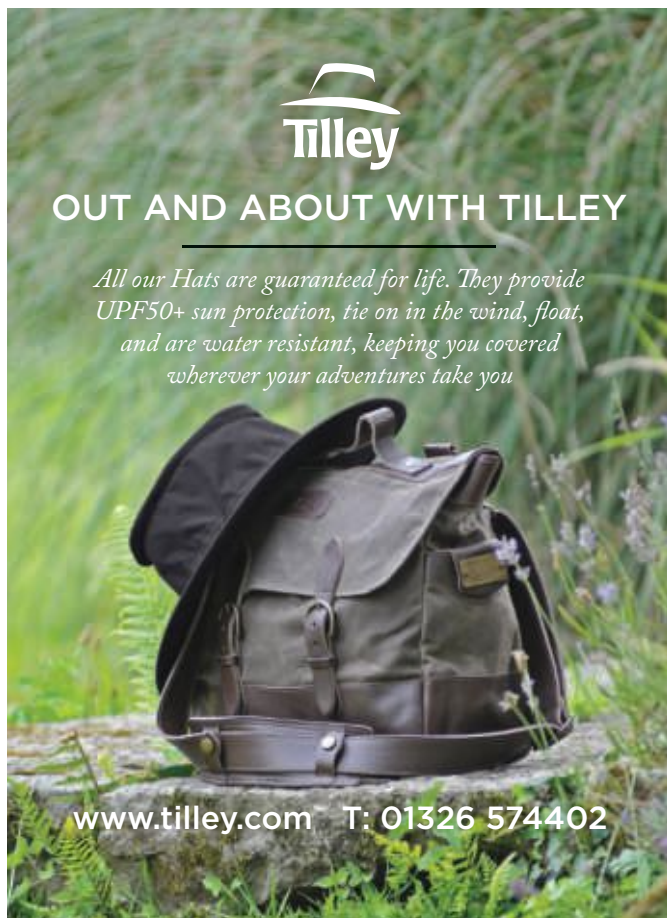
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# coast CORNWALL GUIDE

Thinking of making a move to the Cornish coast or simply looking for an amazing location to enjoy a coastal getaway?  
Our Cornwall Guide has it all – an array of amazing hotels, restaurants and beaches to choose from. Enjoy!

**WHAT'S INSIDE**

**TOP 10 HOTELS**

**PROPERTY HOTSPOTS**

**MOVE TO: BUDE**

**SECRET CORNWALL**

**10 BEST THINGS TO DO**

**RESTAURANTS WITH VIEWS**

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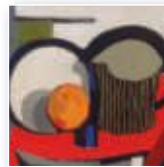
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# OUR TOP 10 CORNISH HOTELS

## 1 ALL-ROUNDER Bedruthan Steps, Mawgan Porth

This hotel has everything: funky rooms, family-friendly activities (especially during school holidays), lessons in watersports, great food and drink and a fantastic spa. What more could you want? From £144 per night\* ([bedruthan.com](http://bedruthan.com)).

## 2 SEASIDE SPA St Michael's Hotel and Spa, Falmouth

Right next to Gyllyngvase Beach, this spectacular hotel overlooks the sea and its own sub-tropical gardens. It has an onsite spa that offers tailored treatments, an indoor pool and a south-facing sun deck. From £114 per night ([stmichaelshotel.co.uk](http://stmichaelshotel.co.uk)).

## 3 CONTINENTAL HOTSPOT The Idle Rocks, St Mawes

Think sea-view rooms, pretty balconette windows with French doors, French furnishings, Italian coffee machines and your name chalked on the door. The décor includes modern artwork and patterned textiles in pretty nautical shades. From £200 per night ([idlerocks.com](http://idlerocks.com)).

## 4 STYLE CENTRAL St Moritz Hotel, Trebetherick

A 21st-century glamour-puss with Art-Deco styling and a laid-back vibe, this hotel has a poolside restaurant, dashes of vintage design and the West Country's only Cowshed Spa. Book a king room, and you get the keys to your own St Moritz beach hut. From £120 per night ([stmoritzhotel.co.uk](http://stmoritzhotel.co.uk)).



## 5 ADULTS ONLY

### The Scarlet, Mawgan Porth

This child-free eco hotel sits on the edge of the ocean. Unwind in the Scarlet Spa or take a dip in the clifftop hot tub. From £220 per night ([scarlethotel.co.uk](http://scarlethotel.co.uk)).

## 6 BOUTIQUE BLISS Trevose Harbour House, St Ives

Stay at Angela and Olivier's boutique bed and breakfast Trevose Harbour House for Midcentury furnishings and a coastal palette. Choose the Terrace Deluxe and you'll enjoy your own sitting area and views over the harbour. From £140 per night ([trevosehouse.co.uk](http://trevosehouse.co.uk)).

## 7 VICTORIAN LUXURY Fowey Hall, Fowey

This luxury family hotel has views over Fowey River Estuary and is a short walk from Fowey's restaurants, bars and shops. Luxurious touches include antique furniture in the bedrooms and tastefully decorated lounge areas. From £190 per night ([luxuryfamilyhotels.co.uk](http://luxuryfamilyhotels.co.uk)).

## 8 FABULOUS FOOD Watgate Bay Hotel, Newquay

Enjoy your food with a view at Watgate Bay Hotel. Visitors can choose from contemporary restaurant Zacry's, low-key eatery The Beach Hut, or the laidback Living Space to dine at mealtimes. Next door is Jamie Oliver's Fifteen Cornwall, which serves excellent Cornish and Italian food. From £145 per night ([watgatebay.co.uk](http://watgatebay.co.uk)).



## 9 COASTAL GARDENS The Nare, Verran-in-Roseland

A country house hotel on the beach, The Nare is home to a sub-tropical garden that thrives all year round. Take a walk on the beach or through the gardens before joining in with wine tastings and art classes. From £290 per night ([narehotel.co.uk](http://narehotel.co.uk)).

## 10 CHILD-FRIENDLY Polurrian Bay Hotel, Mullion

For little ones, there's a crèche, playground and games room. For adults, hire a babysitter, while you enjoy a delicious dinner in one of the restaurants. From £120 per night ([luxuryfamilyhotels.co.uk](http://luxuryfamilyhotels.co.uk)).

**Our next Beach Clean will be held at one of these hotels. Which one do you think it will be?**



# CORNISH PROPERTY HOTSPOTS

Whether you want to buy a quayside cottage, a beach flat or a waterfront house, Cornwall has it all. Here, we pick our favourite hotspots

WORDS **Lesley Gillilan**





## FOR AFFORDABLE VIEWS LOOE (SOUTH COAST)

In this salty little harbour town on Cornwall's south coast, higgledy-piggledy terraces of houses tumble down the wooded banks of the lovely Looe Valley. And across all price ranges, there is a better-than-average chance that your house will have views of the fishing quays, the East and West rivers, the beach, the sea or the countryside. In the steep streets of upper Looe, vehicle access is limited and the gardens are often tiny, but it's affordable (cheaper than nearby Fowey). A quayside cottage can sell for under £200,000, while a roomy detached with views of Looe Island from Hannaford Point can fetch up to £700,000. The scenic Looe Valley branch line connects to mainline trains to Paddington.

**AVERAGE HOUSE PRICE: £269,000**



## FOR SURFERS AND FAMILIES

### NEWQUAY (NORTH COAST)

With seven glorious beaches and a lively, youthful vibe, Newquay is Cornwall's Surfing Central – but this breezy north-coast town is not just for weekends. Grown-up surfers have a habit of sticking around, and even settling down (investing in local businesses or raising broods of little surfers), and it's easy to see why.

Newquay has spas, bars, great restaurants (Rick Stein's fish-and-chippy opened on Fistral Beach last year), handy connections (a railway station and an international airport), good schools and affordable houses. There are a few millionaire properties on sought-after Pentire Head, or on the banks of the River Gannel Estuary, but in town, three- or four-bedroom Victorian houses sell for under £300,000; shiny new-build apartments for under £200,000.

**AVERAGE HOUSE PRICE:  
£259,350**

PHOTOGRAPHS POLLY STOCK ILLUSTRATION SHUTTERSTOCK







## FOR VILLAGE LIFE ST AGNES (NORTH COAST)

Popular St Agnes is Cornwall in a nutshell: a great mix of community, natural beauty, legend (Bolster the Giant is a local celebrity), roses-round-the-door cottages and rugged beaches overlooked by atmospheric industrial ruins (the engine houses at Wheal Coates are among the most photographed sites within the Cornish Mining World Heritage site). The pretty village (butcher, baker, fishmonger, galleries and organic food) trails downhill to Trevaunance Cove. From nearby Chapel Porth, you can walk all the way to Porthtowan. Cottages from £260,000; family house at Chapel Porth around £650,000.

**AVERAGE HOUSE PRICE: £339,779**

## FOR THE POLDARK FACTOR CHARLESTOWN (SOUTH COAST)

This 18th-century St Austell Bay village stood in for the city of Truro in BBC's recent remake of Winston Graham's Cornish epic, *Poldark*. And it's not its only film role. Charlestown Harbour has also appeared in *Doctor Who*, *Treasure Island* and *Mansfield Park*. But it's *Poldark* that has fired the imagination. And with five more series in the pipeline, what a place to live. Home to Square Sail (whose fleet of replica tall ships are docked in Charlestown) and a Shipwreck & Heritage Centre, it's all granite and cobbles; there is a sandy beach; most of the houses are Georgian and Grade II-listed. Cottages from £250,000 up to £600,000 (if you want frontline views of the action).

**AVERAGE HOUSE PRICE: £283,695**



## FOR YACHTS AND YUMMY HOUSES ST MAWES, ROSELAND PENINSULA (SOUTH COAST)

When designer and hotelier Olga Polizzi turned an old yachting club into the nautical-chic Tresanton Hotel back in 1997, she sealed St Mawes' reputation as Cornwall's most fashionable sailing centre – a round of Pimms, power-boating and summer regattas. Property prices are

among the most expensive in the county, but for those who can afford St Mawes, it's an idyllic spot. Tucked away on the toe of the sleepy Roseland Peninsula, where the Percuil River meets the Fal Estuary, its harbour quays gaze across the water towards Falmouth. On the seafront, rows of thatch and colour-washed cottages look irresistible, but they won't leave much change out of £2 million.

**AVERAGE HOUSE PRICE: £718,530**



PHOTOGRAPHS ALAMY, SAVILLS, STAGS



## FOR A CITY FIX

### KINGSAND-CAWSAND AND THE RAME PENINSULA (SOUTH COAST)

This is a best-of-both-worlds scenario: a fist of dreamy Cornish headlands within commuting distance of Devon's City of Plymouth. In the so-called 'Forgotten Corner', Kingsand-Cawsand is a pair of adjoining villages with two little beaches, a harbour slipway, narrow streets of fishermen's cottages and views across Plymouth Sound. For the city, take a foot ferry to Stonehouse or the Barbican. A

bus takes longer, via Whitesand Bay (note the beautiful beaches) and the Torpoint car ferry. Or from nearby St Germans, be in Paddington in four hours or Plymouth in 17 minutes. Expect to pay around £400,000-£600,000 for a three- or four-bedroom terrace on Kingsand seafront; £250,000 for a two-bedroom backstreet cottage.

**AVERAGE HOUSE PRICE: £357,950**



## FOR BEACHES ON A BUDGET

### HAYLE (NORTH COAST)

This former industrial town – one of the principal ports for the tin and copper mining industry – is only a whisper away from St Ives, but its properties are almost half the price. Okay, so it's not as pretty as its arty neighbour, but just look at the beach: three miles of golden sand dunes stretching from Hayle River to Godrevy Point. Part of the Cornish Mining World Heritage site, the little town has a colourful past, but it has a bright future, too: an ambitious regeneration is planned for the disused harbour area, the old town's 19th-century foundries and warehouses are already finding new uses. Expect to pay £130,000 for a two-bedroom cottage; £450,000 for a six-bedroom detached.

**AVERAGE HOUSE PRICE: £233,540**

## FOR SAILING, SEAFOOD AND CULTURE

### FALMOUTH (SOUTH COAST)

Truro is Cornwall's capital, but seafaring Falmouth is its beating heart – a colourful combination of port, Victorian resort and university town, it's an all-year-round sort of place with great beaches, a thriving arts scene, a Tudor castle and one of the liveliest high streets in the county. Local seafood is served up in the town's many restaurants: Rick Stein's Fish on Discovery Quay, Samphire and The Shed among others; and with Truro High School for Girls just half an hour away, the area is also great for families. Falmouth's handsome Regency townhouses, which often have harbour views and lush, sub-tropical gardens, sell for around £300-£500,000. Pay around £400,000 for a flat overlooking Gyllyngvase Beach; £750,000 for a roomy period detached.

**AVERAGE HOUSE PRICE: £317,730**







## FOR ROMANTIC LANDSCAPES

### BOSCASTLE (NORTH COAST)

At the foot of the Valency Valley, which wiggles down to the ocean from the edge of Bodmin Moor, this is quintessential North Cornwall: a rocky harbour inlet set between brooding headlands, fishing cottages, old pilchard sheds and a whiff of smugglers. Crowds of summer tourists mill around the harbour – now fully recovered from the floods of 2004 – with its National Trust centre, tea rooms and Museum of Witchcraft. For a quieter Boscastle, climb the hill to Paradise (that really is its name); walk along the coast path to find some of Cornwall's wildest, loneliest landscapes, its highest cliffs, Tintagel Castle, the beach at Trebarwith Strand. Prices range from around £200,000 for a stone cottage, up to £450,000 for a three-to-four-bedroom detached.

AVERAGE HOUSE PRICE:

**£298,320**



## FOR ARTISTS

### PENZANCE (SOUTH COAST)

Priced out of St Ives, artists are gravitating to Penzance where property is cheaper and the light is just as good. The town also offers two prestigious galleries (the Newlyn and The Exchange), acres of botanical gardens, a wealth of history (take a walk down 18th-century Chapel Street), palm trees on the prom, and some of the best Georgian houses in coastal Cornwall (in Penzance, they call them 'gentlemen's residences'). It's a little shabby in places, but Penzance is on the up: the seafront's Art-Deco Jubilee Pool is undergoing refurbishment; and there are some interesting hotels, such as the Artist Residence and Chapel House (see page 22). It's the gateway to Land's End and the wilds of the Penwith Peninsula, with Newlyn fishing harbour on the doorstep. There are also direct trains to Paddington.

AVERAGE HOUSE PRICE: **£252,060**



## FOR ESCAPISTS

### CADGWITH AND THE LIZARD (SOUTH COAST)

With its Serpentine cliffs, secret coves and time-warp villages, the tip of the Lizard Peninsula – mainland Britain's most southerly point – is one of Cornwall's most out-of-the-way places. The village of Cadgwith had a moment of fame in 2011 when it was the focus of a BBC series, *The Fisherman's Apprentice* with Monty Halls, but otherwise it's a sleepy place with beached fishing boats on a sandy cove, thatched cottages, one pub and a blue, tin-clad chapel the size of a living room. Detached properties in Cadgwith, Lizard or nearby Bass Point sell for around £250-£650,000, with the higher prices going to clifftop cottages with spectacular views.

AVERAGE HOUSE PRICE:

**£340,500**

PHOTOGRAPHS ALAMY, DARREN STICK, LILLICRAP CHILCOTT

## FOR LITERARY CONNECTIONS

### FOWEY ESTUARY (SOUTH COAST)

Daphne du Maurier, Arthur Quiller-Couch and Kenneth Grahame (*The Wind in the Willows*) all have deep associations with this sylvan estuary; comedian-turned-author Dawn French lives there now – and they were all drawn by the same atmosphere and inspirational landscapes that makes modern Fowey (pronounced Foy) one of the most sought-after harbour towns on the Cornish coast. Ferries cross the wide estuary linking Fowey – a well-heeled harbour town lined with terraces of colour-washed merchant houses – and little Polruan with its boatyard quay and hilly streets. Both are within a cliff-path walk of beautiful beaches: Lantic Bay, Lansallos, Ready Money Cove and Polridmouth. House prices range from £250,000 for a small cottage with no view, or £1 million plus for waterfront numbers with private moorings.

AVERAGE HOUSE PRICE: **£390,200**



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# Move to... BUDE

This small, friendly seaside town in North Cornwall offers glorious beaches, stylish seafront restaurants and walks along a wild coastline

WORDS **Lesley Gillilan** ILLUSTRATION **Tom Jay**

The Victorians called it the 'Brighton of the West', and it's fair to say that Bude was Cornwall's first proper tourist destination: a fashionable watering hole with magnificent beaches, soaring cliffs and views that make the heart sing. Alfred Lord Tennyson was one of many captivated visitors.

Things went downhill when the railway closed in 1966, leaving the town stranded, way up on the north coast – so close to the Devon border that some say it's not even proper Cornwall. It's still a bit off the beaten track, but Bude has enjoyed

## CAN YOU AFFORD IT?

BUDE: £280,133  
STRATTON: £257,025  
CORNWALL: £252,876  
UK: £284,352

AVERAGE HOUSE PRICES:  
(DECEMBER 2015). SOURCE: ZOOPLA  
(WWW.ZOOPLA.CO.UK).

a slow revival over the last 20 years and since it was voted 'Best Coast Resort' at the 2015 British Travel Awards, now seems a good time to take a look.

First impressions are of a rather haphazard town; almost as though its buildings have been thrown at the landscape and left to fall wherever they fancy – straggling around the edges of a clifftop golf course, on the banks of the River Neet or straying into surrounding downland. But where else in Cornwall has a canal sea-lock, a mock castle built on sand, and a beach called 'Summerleaze'? And, says local resident Rachel Barton Coates, 'Life in Bude is all about the beaches.'

Rachel, who runs her own design company, wasn't keen on the idea when her husband's

work prompted a move to Bude in 2004. 'I had no connections there at all,' she says. At first they searched the countryside for somewhere to match the Cotswold village they'd come from, but in the end, Bude won them over. 'The location is brilliant,' she says. 'We love the wildness of the coast, its surfy beaches and outcrops of rock.'

Since they moved, the town has changed for the better. 'It's got a bit more style – with more places to eat and more independent shops. But it's still quiet and not too touristy. Bude is very much a family resort – for people who love the outdoors.'

The small, friendly town, has also proved the perfect place for Rachel's two girls, Daisy, 11, and Millie, 14, to grow up in. 'I can go to work and let the kids whizz off to the beach and meet



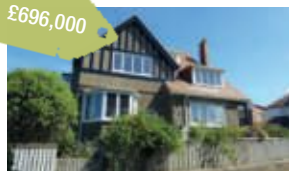




## WHAT YOU CAN GET FOR YOUR MONEY

Here are some of our favourite properties for sale

£696,000



### WOW HOUSE

This impressive 1920s Arts & Crafts-style house in central Bude has seven bedrooms and lots of original panelling, ironmongery and stained-glass windows. Colwills (01288 355828, colwills.co.uk).

£485,000



### BEACH VILLA

Close to Crooklets Beach, this terraced villa has eight bedrooms, smart contemporary interiors and spectacular views of the golf course and the coast. Bond Oxborough Phillips (01288 355066, boproperty.com).

£325,000



### CHARACTER COTTAGE

At clifftop Upton, on the southern outskirts of Bude, this charming cottage has two bedrooms, beams, a wood burner and pretty gardens. Bond Oxborough Phillips (01288 355066, boproperty.com).

£250,000



### GOLDEN OLDIE

On Old Post Office Hill in Stratton (less than two miles from Bude), this Grade II-listed mid-terrace property has three bedrooms and a big, grassy town garden. Colwills (01288 355828, colwills.co.uk).

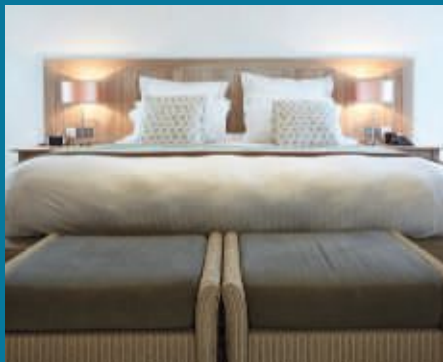
PHOTOGRAPHS ALAMY ILLUSTRATION SHUTTERSTOCK





## PAY A VISIT

**The Beach** (01288 389800,  
[thebeachatbude.co.uk](http://thebeachatbude.co.uk))



Overlooking Summerleaze Beach, this cool, classy boutique hotel brought a high-note of fresh New England-style to Bude's seafront when it opened in 2011. Rooms are light and spacious (three have terraces, and most have ocean views); the restaurant spills out on to a deck; the chef has an impressive CV and the food is heavenly. Without a doubt, this is the best place in town. B&B from £120 per night.

their friends – along with all the other families in Bude.'

### WHERE TO BUY

Some of the prettiest (and priciest) properties in Bude are on Breakwater Road, a line of Victorian houses that overlook the canal. Other lovely spots are the streets around Crooklets Beach and the golf course (Flexbury Park or Downs View); in these areas, expect to pay up to £500,000 for a Victorian townhouse. Properties with sea views are rare, even on Ocean View Road. A better bet is to head south towards Upton and Widemouth Bay. For pretty cottages and Cornish thatch, go north to Morwenstow or inland to neighbouring Stratton.

PHOTOGRAPHS ALAMY ILLUSTRATION SHUTTERSTOCK

OPPOSITE, TOP  
Summerleaze  
Beach is a short  
walk away from  
the town centre  
OPPOSITE,  
BOTTOM  
Bude Canal

### TIME OUT

Bude is big on adventure tourism – surfing, canoeing, coasteering and other outdoor activities that make the most of this wild Atlantic coastline (and the highest cliffs in Cornwall). Its town beaches, Summerleaze and Crooklets, extend south to Widemouth Bay and north to the National Trust's Sandymouth. For serious surfers, it doesn't get much better than this. And it's paradise for walkers, too: the clifftop footpaths either side of the town are spectacular. A night out might feature cocktails on the deck at The Beach, or a seafood supper at Life's a Beach on Summerleaze. Annual events include a Jazz Festival in August; the Bude for Food Festival in September.

### JOBS & COMMUTING

The futuristic dishes of the GCHQ listening station, on the cliffs to the north of Bude, provides jobs and boosts the local economy but tourism is its mainstay. Bude's out-of-the-way location means that home-grown businesses, such as shops and restaurants, can survive on local custom, even out of season – Rachel successfully located her design business from the Cotswolds to Bude. But forget commuting: Bude has the rather dubious reputation

of being further from a railway network than any other town in England. And the nearest cities – Exeter, Plymouth and Truro – are at least an hour away. London takes five hours by car. The nearest airport is Newquay.

### SCHOOLS

Bude's only secondary is Budehaven Community School; it's rated by Ofsted as 'Requiring improvement' but Rachel's girls, Daisy and Millie, are happy there.

### REALITY CHECK

Town planning is not Bude's strongest point. One of the best spots on the seafront is occupied by a Sainsbury's supermarket. And other than the small, independent Rebel cinema ([rebelcinema.co.uk](http://rebelcinema.co.uk)) at Poundstock, there is no theatre or arts centre (the nearest is an hour's drive away).

### COMING UP

There are plans to build 250 new homes at Hillhead between Bude and Stratton, and another 75 at Binhamy Farm. The empty Strand Hotel will reopen this year as a Premier Inn.

And the former Penarvor Hotel by Crooklets Beach is to be turned into five sea-view townhouses.

### WHO'S WHO?

Bude's most famous son is Goldsworthy Gurney, the Victorian inventor behind early steam carriages and the 'Bude-Light', an oxygenated oil lamp first used in the House of Commons in 1839. His former home, Bude Castle, is now a museum.

*'Bude is still quiet and not too touristy. It's a family resort – for people who love the outdoors'*



## What Rachel likes about... BUDE



📍 The coast-path walk from **BUDE TO SANDYMOUTH**, stopping off at Northcott Beach, and ending up with teas and ice creams at Sandymouth Café ([sandymouth.com](http://sandymouth.com)). 'If you time it right with the tide, you can walk back to Bude along the beach.'

📍 The **1930s TIDAL SEA POOL** on Summerleaze Beach ([budeseapool.org](http://budeseapool.org)) – the 90-metre, semi-natural swimming pool provides safe bathing and, says Rachel, 'a brilliant place for kids to hang out in the summer'.

📍 **CROOKLETS:** Rachel's family has a beach hut there, five minutes' walk from their house, and they love Rosie's Kitchen ([rosieskitchen.co.uk](http://rosieskitchen.co.uk)) and the rocky corners of the beach where you can hide from the crowds.



# SECRET CORNWALL

There are many stunning areas on the Cornish coast still waiting to be discovered. Here, we uncover some of our favourite hideaways...

WORDS **Nicola Smith**

Cornwall. Its charms draw masses of tourists for much of the year, and many of its beaches, walks, restaurants and tea shops heave with visitors in the summer months. Yet, magically, it retains some mystery. Pockets of the county remain under the radar, familiar only to locals, from remote beaches to hidden walks, tucked away eateries to charming places to stay, frequented only by those in the know.

Grebe Beach, on the northern banks of the beautiful Helford River, is a perfect place to contemplate

Cornwall's secrets. Parking is a good 10 minutes' walk away, while the final woodland descent to the beach is moderately steep, deterring many people from visiting. But it is worth the effort. The beach reduces to a narrow stony sliver at high tide, its gently curving form creating a private sanctuary. It's also an ideal place for a quiet summer's evening swim, when all seems right with the world. Celia Tuckfield, a local resident who regularly walks her dog at Grebe, is reluctant to share her sanctuary: 'It is so secluded and tranquil, and popular

all year round with locals, but many people wouldn't know it was there.'

If you follow the river's winding way inland, you come to the Ferry Boat Inn overlooking Helford Passage Beach, which teems with people on summer days. Yet Grebe, just minutes away, remains an idyll.

Travel by water further along the picturesque Helford, perhaps by kayak, or by taking the short ferry ride across from Helford Passage Beach, and you will also stumble across the Shipwrights Arms, a fittingly thatched and whitewashed pub at the heart of Helford village. Rescued by villagers



when its survival was under threat in 2013, the pub has been brought back to life, its terrace overlooking the water for warm summer days, complemented by a quirky and cosy interior, not to mention a wood burner for those chilly winter evenings.


## WONDERFUL WALKS

From here, there is a lovely walk that winds over fields and through woodland, skirting alongside eerie Frenchman's Creek, with its tree-lined banks and long-forgotten shipwreck, until you stumble across Kestle Barton, an ancient Cornish farmstead

in a sprawling, vibrant, wildflower meadow high above the river. Today it is converted into a gallery and self-service tea shop (open late April to October), with luxury holiday accommodation ([kestlebarton.co.uk](http://kestlebarton.co.uk)). Each visitor here feels like they alone have discovered this other world.

Cornwall has no shortage of cafés and tea shops, and a number are, pleasingly, hidden to the untrained eye. If you find yourself walking the coastal footpath on the Roseland, above Towan Beach at the southern most tip of Gerrans Bay, cut inland to Porth Farm, where (from the end of

March to late October) you'll find an ingeniously converted old French Citroen van – alias The Thirstea Co ([thethirsteacompany.co.uk](http://thethirsteacompany.co.uk)) – serving tea and coffee in the stable yard. 'We get everyone from daily dog walkers to beach goers, often surprised to see our little van in the courtyard,' says Seth Richards of The Thirstea Co. 'But once they've had a cuppa or a piece of cake, they are often back, methodically working their way through the menu.'

Further west is Perranuthnoe, a pretty village found down an unremarkable turning off the 



The Thirstea Co, a travelling tea room, is based above Towan Beach from late March to October





PHOTOGRAPHS CHRIS SIMMONS, VISIT CORNWALL/JOHN SUCH ILLUSTRATION SHUTTERSTOCK

A394. In addition to its attractive church, which dates back to the 1200s, and its huge sandy beach, Perranuthnoe is also home to the Peppercorn Kitchen ([peppercornkitchen.co.uk](http://peppercornkitchen.co.uk)), serving memorable Middle-Eastern and Northern African-inspired dishes. As well as a small garden with views across to the rugged coast, it has a wood burner inside, creating a cosy retreat for blustery days.

Or head further west to the Lizard, and to Rosemergy Tea Rooms ([rosemergy.com](http://rosemergy.com)), a 200-year-old farmhouse hidden in the North Cornish Moors midway between St Ives and St Just. The Aga-baked scones are widely believed to be the best in the county, but call in advance to check there are some left. Not far away, in tiny St Just, is the Dog and Rabbit café, tucked behind the village newsagents. A warm welcome awaits, as does excellent coffee and cake, while the Welsh rarebit also comes highly

## ‘Off the beaten track, Portheras Cove is perfect for a quiet beach picnic, even in the height of the holiday season’

recommended. You'll be glad you steered off the beaten track for this.

### BEAUTIFUL BEACHES

For those wanting to discover deserted beaches, there are a number around if you know where to look. Combining a spectacular location with an excellent café, Kynance Cove is a National Trust location on the Lizard Peninsula, boasting stunning cliffs and famed for its Devils' Bellows – a blowhole on one of the small tidal islands within the cove, emitting a peculiar snorting sound at half tide. The beach below is accessible at low tide, but beware of strong

currents. After an exhilarating walk, take shelter in the Kynance Café ([kynancecovecafe.co.uk](http://kynancecovecafe.co.uk)), with its dramatic views out to sea. The fresh crab sandwiches alone are worth the trip.

Crantock-based photographer, Chris Simmons, runs residential seascape photography workshops around Cornwall ([c-simmonsphoto.co.uk](http://c-simmonsphoto.co.uk)), and is continually seeking out 'undiscovered' locations. He cites Lundy Cove, between popular Polzeath and Port Quin, as one of his favourite spots. 'It's a really pretty cove that opens up at low tide, found after a spirited walk down the rolling hillsides



CLOCKWISE, FROM FAR LEFT **Carnewas Beach** on the North Cornish coast; **Kestle Barton** is an ancient farmstead set in a wildflower meadow high above the Helford River; sand-and-shingle **Towan Beach** near **St Mawes** on the Roseland Peninsula offers calm waters for safe swimming; spectacular **Kynance Cove**

of a verdant valley, with a good surf break for experienced surfers.'

It is often such challenging walks, or limited access, that ensure some beaches remain quiet while others attract the crowds. Hawkers and Harbour Cove is another such gem, a wide sandy bay found by taking the backroads beyond Padstow. It offers panoramic views across Doom Bar to Daymer Bay on the far side of the Camel Estuary. As Chris says, lack of parking makes this a less frequented beach.

## BREATHTAKING VIEWS

Portheras Cove, a remote beach just off the famous Atlantic Coastal route, is also an attractive hideaway if you are prepared to do the legwork. Found at the foot of towering cliffs, it is only reachable via a steep path that runs down a plunging valley near Morvah. 'Being well off the beaten track, this is a perfect place for a quiet beach picnic, even in the height of the holiday season,' says

Chris. 'But take a map,' he warns, and be aware of strong currents in certain tidal conditions.

Another favourite is Carnewas and Bedruthan Steps. Just a mile beyond Mawgan Porth you will find a National Trust location at what Chris claims is 'arguably the most breathtakingly beautiful destination in Cornwall'. Many people are familiar with the clifftop walk here, but try descending the steely plunging set of steps to the beaches below and you will have your pick of places for a picnic, even in high season. Again, be aware of strong currents, and check the tide times before you set out.

Of course, walking works up an appetite, and what better way to sate your hunger than fish and chips on a clifftop – with the locals? Head west to pretty St Agnes and Lewsey Lou's ([lewseylous.co.uk](http://lewseylous.co.uk)), perched on the clifftop in Trevaunance Cove. Tuck into the catch of the day, hand-cut chips and a bottle of local beer. But don't tell anyone.

## TOP 5 CORNISH SECRET DESTINATIONS

### DOLLY'S FALMOUTH

*Church Street, Falmouth TR11 3EG*

Tucked away upstairs in a room of Georgian splendour, Dolly's is a slightly risqué music-hall-meets-cocktail-bar by night, masquerading as a tea shop by day. Its mind-boggling choice of gins is one of several compelling reasons to climb the stairs ([01326 218400](tel:01326218400), [dollysbar.co.uk](http://dollysbar.co.uk)).

### ST NECTANS GLEN

*Trethevy, Tintagel PL34*

This ancient woodland near Tintagel boasts a 60ft waterfall, formed by the River Trevillet, and gives rise to many myths and legends. You might even spot a Cornish piskie ([01840 779538](tel:01840779538), [st-nectansglen.co.uk](http://st-nectansglen.co.uk)).

### LOWER BARNES B&B

*Bosue, St Austell PL26 6EU*

Set in two acres of gardens near the Lost Gardens of Heligan, this B&B is a celebration of boutique luxury in deepest Cornwall. Check into the South American-inspired Nook suite, complete with its own sauna ([01726 844811](tel:01726844811), [lowerbarns.co.uk](http://lowerbarns.co.uk)).

### THE CODDY SHACK,

*St Martins, Looe PL13 1NX*

This restaurant is run by 'Colin the Cod', a local legend renowned for his fish skills. Enjoy dishes in the nautical-inspired shack or on the beach ([01503 263091](tel:01503263091), [coddys shack.com](http://coddys shack.com)).

### OLD HIGH STREET

*Falmouth TR11 2BY*

Venture up to Falmouth's slightly hidden High Street to discover the Old Town Hall, Sweet Pea & Betty Boutique ([sweetpeabetty.co.uk](http://sweetpeabetty.co.uk)) and the Old Brewery Yard, home to Café Cinnamon with its vegetarian fare.



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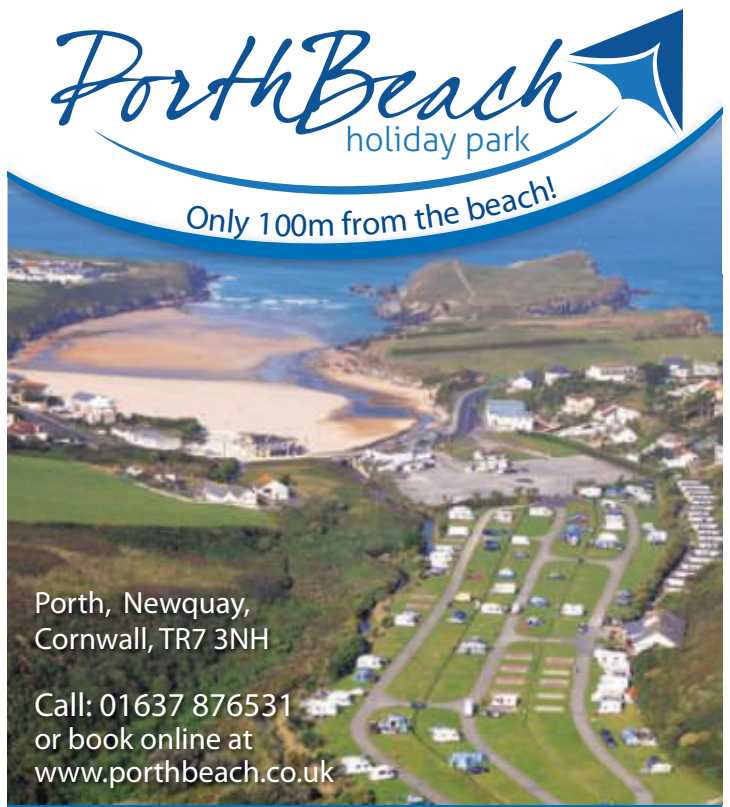


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10 best...

# THINGS TO DO IN CORNWALL

Planning a trip to the South West? These family-friendly activities include everything from open-air theatre and glorious gardens to ancient castles and challenging watersports

WORDS **Madeleine Barber**

## FOR SHORELINE THEATRICS

### 1 The Minack Theatre, Porthcurno

This waterside open-air theatre thrives during the summer, when a programme of drama, musicals, opera, comedy and storytelling takes place. The 1930s-built theatre is made from granite boulders, its construction orchestrated by Rowena Cade, who lived in Minack House on the clifftop at the time. The theatre's first performance was *The Tempest* in August 1932, but today you can catch the likes of Port Isaac's *Fisherman's Friends* and *The Three Belles*. Shows start on 15 March. The theatre is open 10am-3:30pm daily until 31 March, when it opens 9:30am-5:30pm. Entry fees are £4.50 for adults and £2.20 for under 15s ([minack.com](http://minack.com)). Stay in *Helpful Holidays' Z70*, which sleeps six ([helpfulholidays.com](http://helpfulholidays.com)).

PHOTOGRAPH GREG BLUNDELL/VISIT CORNWALL





## FOR EXPANSIVE GARDENS

### 2 Lost Gardens of Heligan, Pentewan

For a real-life 'Secret Garden' experience head to the Lost Gardens of Heligan. They were only discovered 25 years ago on a grand estate, which now amasses to 200 acres of cultivated and farmed land, planted plots for pleasure and Cornwall's only outdoor jungle garden. It's here that visitors can duck and dive under giant rhubarb, banana plantations and avenues of palms before passing ponds on a raised boardwalk. The sub-tropical environment also contains a 100-foot-high Burmese rope bridge, which is not for the acrophobic. Keep an eye out for the *Giant's Head*, *Mud Maid* and *Grey Lady* on the Woodland Walk before stopping off at the Heligan Kitchen and Bakery. *The gardens and estate are open every day from 10am-5pm until 31 March, when closing extends to 6pm. Garden admission costs £12.50 for adults, £6 for children and is free for under 5s (heligan.com). Stay at Penpol in the village of Mevagissey. Sleeps six-12 (kateandtoms.com).*

## FOR SEASIDE CYCLING

### 3 The Camel Trail, the Camel Estuary

This renowned cycle route runs between Wenfordbridge and Padstow, passing through Bodmin and Wadebridge. The 18-mile trail follows a disused railway and routes through a Special Area of Conservation, which makes for stunning surroundings. Most of the trail is free from traffic and steep inclines, so it's a family-friendly cycle ride, and it offers spectacular views of the Camel Estuary, which are ideal for picnic backdrops. *There is free access all year round to the Camel Trail and bikes are available for hire from Padstow and Wadebridge (visitcornwall.com). Stay at Fifteen (cornishgems.com) or Retallack Resort (retallackresort.co.uk).*



TOP LEFT  
A sculpture of  
the *Mud Maid*  
at the Lost  
Gardens of  
Heligan TOP  
RIGHT Views  
over the Camel  
Estuary from  
the Camel Trail  
ABOVE Learn  
about marine  
conservation  
at the National  
Lobster Hatchery  
in Padstow

## FOR SUSTAINABLE SEAS

### 4 National Lobster Hatchery, Padstow

Sustainable seas are something that we should all be striving for. The work of the National Lobster Hatchery – a marine conservation, research and education charity – is helping us preserve marine biodiversity by aiding baby lobsters through their early life and releasing them into the wild. On a visit to the lobster hatchery, you will learn all about marine conservation, see young lobsters (as well as the resident giant lobster), and take part in fun activities, which are available for all ages. Don't forget to visit the Little Shop of Lobsters and, if you like, adopt a lobster yourself. *The visitor centre is open daily from 10am. Closing times vary. Admission fees are £3.75 for adults, £1.75 for children, and under 5s go free (nationallobsterhatchery.co.uk). Stay at Little Dukes in the heart of Padstow. Sleeps four (cornishhorizons.co.uk).*





## FOR RESCUED WILDLIFE

### 6 Cornish Seal Sanctuary, Gweek

Surrounded by 40 acres of undulating countryside, the Cornish Seal Sanctuary is a haven for stray, sick and injured seal pups that are discovered along the coast of Cornwall. The centre provides educational talks about how seals are rescued, rehabilitated and released. Look out for the sanctuary's beloved cross-eyed Ray, who is suspected to be brain damaged, and Babyface, who is living with one eye at the grand old age of 32. If turns get hungry, the Seal Sanctuary Café provides tasty titbits and, in summer, a barbecue. *It is open daily from 10am-4pm. When bought online, tickets last seven days and cost £10.46 for adults and £8.75 for kids ([visitsealife.com](http://visitsealife.com)). Stay at Crab Pot Cottage, 20 minutes from the sanctuary. Sleeps six ([porthlevenholidaycottages.co.uk](http://porthlevenholidaycottages.co.uk)).*

## FOR WATERSPORTS

### 5 Extreme Academy, Watergate Bay

Watergate Bay Beach, a two-mile stretch of golden sand with dynamic waves, is one of the best places in the country to go surfing. The neighbouring Extreme Academy is the go-to for surfing tuition here, as it offers professional instructors and all the latest equipment. Other sports available are bodyboarding, kitesurfing, traction-kiting, stand-up paddlesurfing, waveskiing and hand-planing. Can't decide which one to try? Then book in for an 'extreme day', where you can pick and choose sports. *Open daily 9am-5pm. A day surf and hire costs £47. Lessons from £95 and extreme days from £85 ([extremeacademy.co.uk](http://extremeacademy.co.uk)). Stay at Beach Retreats ([beachretreats.co.uk](http://beachretreats.co.uk)), Hendra Holiday Park ([hendra-holidays.com](http://hendra-holidays.com)), Porth Beach Holiday Park ([porthbeach.co.uk](http://porthbeach.co.uk)) or The Park ([mawganporth.co.uk](http://mawganporth.co.uk)).*

TOP LEFT Try surfing with the Extreme Academy at Watergate Bay  
TOP RIGHT Pay a visit to the Cornish Seal Sanctuary in Gweek  
ABOVE A Barbara Hepworth sculpture entitled *Two Forms (Divided Circle)* 1969, Tate © Bowness

## FOR COASTAL CULTURE

### 7 Tate St Ives and the Barbara Hepworth Sculpture Garden, St Ives

Long known for being an artists' hub, it's no surprise that St Ives has acquired so many illustrious art galleries. The most prominent is Tate St Ives, which is a stone's throw from Porthmeor Beach and offers stimulating exhibitions from renowned artists. Around the corner is Barbara Hepworth's Museum and Sculpture Garden, where visitors can explore her artworks in their natural habitat. Activity trails and sculpture quests are available for children. *Closed for refurbishment, Tate St Ives re-opens on 21 May. The Barbara Hepworth Museum and Sculpture Garden is open daily from 10am-4:20pm and costs £6.60 for adults. Kids go free ([tate.org.uk](http://tate.org.uk)). Stay at The White Lantern, which sleeps four ([carbisbayholidays.co.uk](http://carbisbayholidays.co.uk)).*

ILLUSTRATION SHUTTERSTOCK





## FOR ICONIC BIOMES

### 8 The Eden Project, Bodelva

This eco-friendly site is speckled with biomes, Mediterranean and rainforest ecosystems, and outdoor gardens brimming with plants and sculptures. Don't miss the giant bee amidst the flowerbeds, the WEEE Man (a seven-metre-high sculpture showing how much electronic waste a British household discards in a lifetime) or the chance to tread the rainforest canopy walkway. For adrenaline-seekers, the Eden Project is home to England's longest zip-wire and a giant swing. *The site is open 10am-4pm daily. Check the website for closings and training days. When booked in advance, tickets cost £22.50 for adults and £12.60 for kids ([edenproject.com](http://edenproject.com)). Stay in a property at The Bay Talland ([thebaytalland.com](http://thebaytalland.com)) or at the Fowey Hotel ([thefoweyhotel.co.uk](http://thefoweyhotel.co.uk)).*

## FOR NAUTICAL HISTORY

### 9 National Maritime Museum, Falmouth

Packed with historical artefacts, the National Maritime Museum Cornwall will not disappoint. Current exhibitions include *Mermaids: Women at Sea* (ends 21 February) and *Viking Voyages* – where treasured relics sit alongside a full-scale replica Viking cargo ship and visitors learn about myths and legends – which runs until 2 January 2017. The museum also provides activities, workshops and lectures. *Open from 10am-5pm daily. Admission is £12 for adults, £8.50 for children and under 5s go free ([nmmc.co.uk](http://nmmc.co.uk)). Stay at La Mouette, which sits above Falmouth town. Sleeps six ([holidaycornwall.co.uk](http://holidaycornwall.co.uk)).*



TOP LEFT  
Explore the  
biomes at the  
Eden Project  
TOP RIGHT See  
exhibitions at the  
National Maritime  
Museum Cornwall  
ABOVE Clifftop  
Tintagel Castle  
has breathtaking  
views and  
hidden treasures

## FOR A UNIQUE CASTLE

### 10 Tintagel Castle, Tintagel

The thrill of visiting this Cornish castle comes from its natural topography. It's split across an eroded headland, so part of the castle is perched on an island while the rest remains on the mainland. In the wards on the mainland, search for Dark Age pottery, before crossing the chasm to the island and climbing stone steps to the castle's Great Hall and chapel dedicated to local saint St Juliot. Also on the island are rectangular huts and the Iron Gate, which guards the only landing-spot on the isle. It's an ideal day out for avid explorers and history buffs. *Open from 10am-4pm daily, 15-21 February and weekends 22 February – 24 March. Entry fees are £7.20 for adults and £4.30 for children ([english-heritage.org.uk](http://english-heritage.org.uk)). Stay at Trevalley House, which sleeps seven ([cornishhorizons.co.uk](http://cornishhorizons.co.uk)).*

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# CORNISH DINING WITH A VIEW

From clifftop cuisine to quayside feasts, here's our round-up of the best places to eat with unbeatable sea vistas

WORDS *James Stewart*



## HIDDEN HUT, PORTHCURNICK BEACH, NEAR ROSEVINE

**WHY HERE?** There's no tea in a polystyrene cup at this beach shack on Porthcurnick's crescent of powder sand. Leased from the National Trust by Simon Stallard and Jemma Glass, it's a place for yummy, freshly prepared food: soups, sandwiches, pasties and cakes baked by Jemma's mum. Simon's

lunchtime special such as fragrant curry or seafood chowder is worth the trip alone. Book far ahead online for the brilliant feast nights – tickets are as hot as the Glastonbury Festival.

**WHAT DOES IT COST?** From £3.50 for a freshly baked Cornish pasty.

**HOW DO I BOOK?** Visit [hiddenhut.co.uk](http://hiddenhut.co.uk).





## Q RESTAURANT, FOWEY

01726 833302 | [theoldquayhouse.com](http://theoldquayhouse.com)

**WHY HERE?** Come here for harbour scenes instead of ocean vistas. All water-borne life drifts past tables on the quay; yachties on boats, resident swans, even the occasional dolphin. It's enchanting on sun-drenched days; worth a reservation even if you want nothing more than a crab sandwich for lunch. Showcasing local suppliers, the kitchen ups the ante for dinner, updating French classics with a twist of modern Cornish flavours. Good winelist, too.

**WHAT DOES IT COST?** £15 for the hot smoked salmon salad.

**HOW DO I BOOK?** Call 01726 833302 or visit [theoldquayhouse.com](http://theoldquayhouse.com).



'ALL WATER-BORNE LIFE DRIFTS PAST  
TABLES ON THE QUAY; YACHTIES  
ON BOATS, RESIDENT SWANS, EVEN  
THE OCCASIONAL DOLPHIN'



PHOTOGRAPH: DAVID GRIFFEN PHOTOGRAPHY



## FIFTEEN, WATERGATE BAY

At Watergate Bay, the view is the main attraction.

**WHY HERE?** You don't come to this beach restaurant solely for the view. There's also the Italian-inspired cooking – delicious risottos or mains like wood-fired John Dory with borlotti beans made from ingredients so local even the pasta is Cornish durum wheat – and the knowledge that you're supporting local trainees. Nevertheless, Fifteen's horizon-busting panorama of Watergate Bay inspires many a visit. Book ahead to guarantee a window table for a grandstand seat of the surfers.

**WHAT DOES IT COST?** A set menu costs £32 per person.

**HOW DO I BOOK?** Call 01637 861000 or visit [fifteencornwall.co.uk](http://fifteencornwall.co.uk).



## BEACH CLUB, CARBIS BAY

Beach Club, Carbis Bay, is a modern lounge with a view of the beach.

**WHY HERE?** There's a hint of Bondi cool about Beach Club, the bistro of Carbis Bay Hotel, and not just because of its cocktail bar by the beach. With sofas in the chill-out zone and uninterrupted sea views to Godrevy lighthouse, the airy dining room is a place to linger over light

Mediterranean-inspired dishes. Better still, the Blue Flag beach below the terrace is usually quiet. Take that, Bondi.

**WHAT DOES IT COST?** A lunch special costs £14, including a glass of wine.

**HOW DO I BOOK?** Call 01736 795311 or visit [carbisbayhotel.co.uk](http://carbisbayhotel.co.uk).



## DRIFTWOOD, ROSEVINE

Driftwood, Rosevine, is a modern lounge with a view of the beach.

**WHY HERE?** In a county that increasingly embraces beach bling, Driftwood's soft creams and blues and driftwood sculptures are reassuringly comfy country-house. What commands the attention from this clifftop perch is the widest vista of Atlantic in all Cornwall. Well, that and the Michelin-starred cooking of

Cornishman Chris Eden. Organic, local, homemade, his Modern European menus tick every box. And the dishes? Full of flavour and almost too beautiful to eat.

**WHAT DOES IT COST?** Three courses cost £55.

**HOW DO I BOOK?** Call 01872 580644 or visit [driftwoodhotel.co.uk](http://driftwoodhotel.co.uk).



## BEN TUNNICLIFFE SENNEN COVE, SENNEN

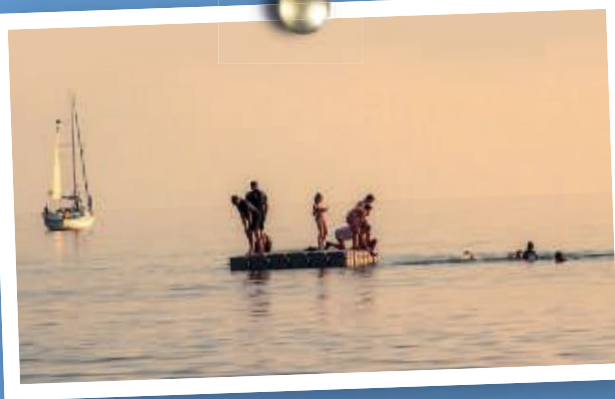
Ben Tunncliffe Sennen Cove is a modern lounge with a view of the beach.

**WHY HERE?** Michelin-star man Ben Tunncliffe is taking the menu up a level for his second season in this lofty beach cabin on Cornwall's toe, showcasing Cornish fruit de mer platters, fish landed in nearby Newlyn, local lobster and shellfish. And the end-of-world view down Sennen Beach is as sensational as ever.

**WHAT DOES IT COST?** £10.50 for beer-battered fish and hand-cut chips.

**HOW DO I BOOK?** Call 01736 871191 or visit [benatsennen.com](http://benatsennen.com).





## SAM'S ON THE BEACH, POLKERRIS

**WHY HERE?** This is our favourite branch of Sam's, south Cornwall's family-friendly micro-chain. In summer, when they fling open the doors of its old lifeboat station above Polkerris harbour, you sit a flip-flop's throw from the beach. On stormy days you're snug behind glass with a floor-to-ceiling view over St Austell Bay. The food is unpretentious – think wood-fired pizzas, gutsy meat dishes, mussels and sardines every

which way – and the service friendly.

**WHAT DOES IT COST?** £18.95 for Classic Marinières.

**HOW DO I BOOK?** Call 01726 812255 or visit [samscornwall.co.uk](http://samscornwall.co.uk).

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FLING OPEN THE DOORS,  
YOU SIT A FLIP-FLOP'S THROW  
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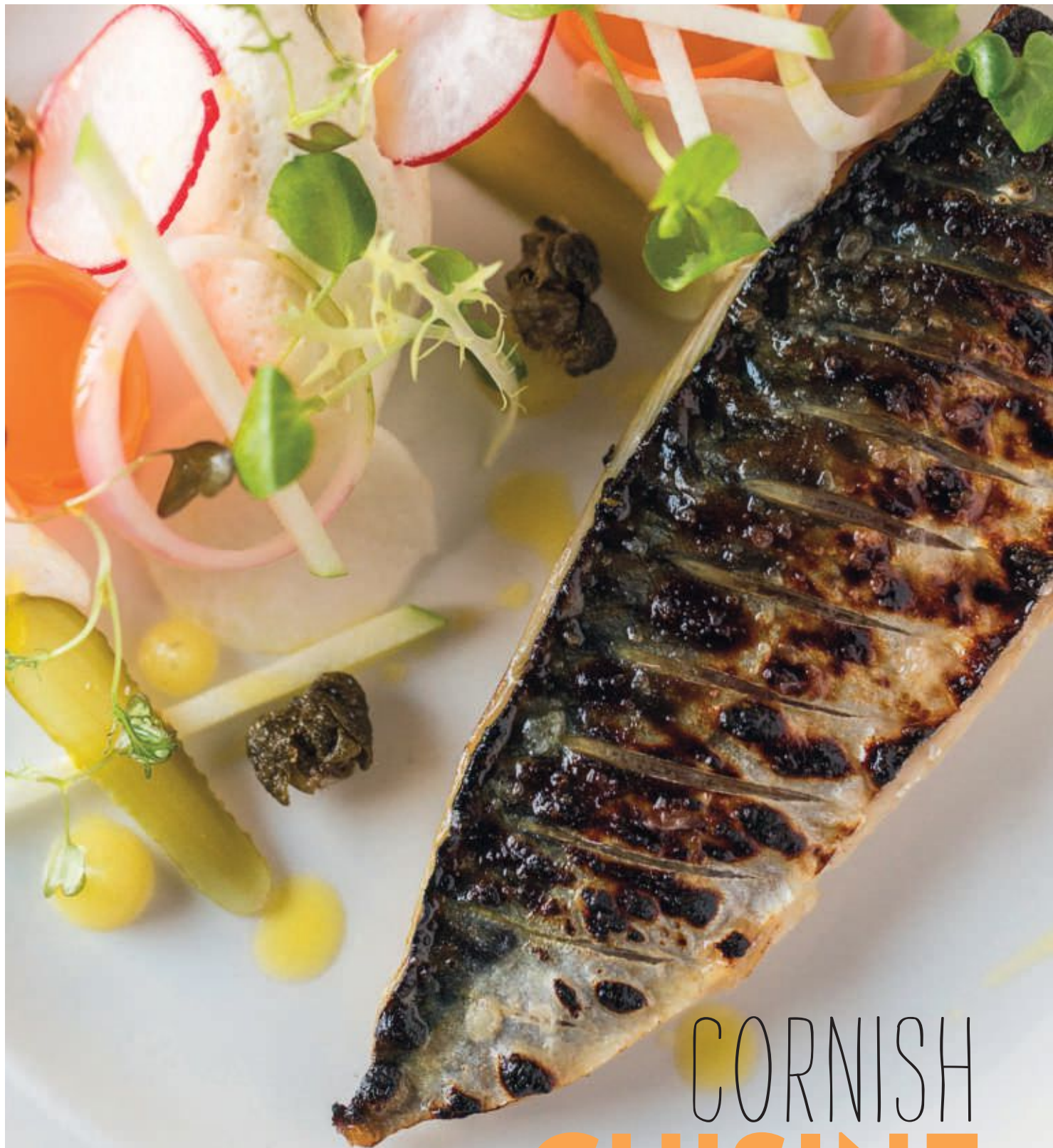
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# CORNISH CUISINE

*Saltwater Kitchen Cookbook* contains real food for real people – fresh fish flipped straight from the rod to the pan, gourmet feasts made from foraged ingredients and simple lunches for carefree summer days. This unique cookbook showcases a new breed of cafés, beachside diners and pop-up food vans with a focus on artisan food and drink producers, foragers and creators

## LINE-CAUGHT SENNEN MACKEREL, PICKLED VEGETABLES AND LEMON CRÈME FRAÎCHE

From shore to the door, this mackerel was caught less than three miles away

### PICKLED VEGETABLES

- 500ml white wine
- 500ml white wine vinegar
- 500g caster sugar
- 1 bay leaf
- 2 allspice berries
- 1 star anise
- 1 carrot
- 1 kohlrabi
- 1 banana shallot

### CRÈME FRAÎCHE

- 200g crème fraîche
- 200g double cream
- Juice of ½ lemon
- Salt and pepper

**1** For the pickling solution place the wine, vinegar and sugar in a small saucepan. Add the bay leaf, allspice and star anise. Heat until the sugar has dissolved.

**2** Remove from the heat and cover with clingfilm.

**3** Peel and slice the vegetables thinly. Wash the shallot under cold water.

**4** While the pickling solution is still warm, add the vegetables.

**5** Store in an airtight

container in the fridge. The vegetables will keep for a week.

### CRÈME FRAÎCHE

Add the cream to the crème fraîche. Whisk until stiff peaks form and season with the lemon juice, salt and pepper.

### MACKEREL

- Good-quality mackerel fillets from a local fish supplier. Ask the fishmonger to fillet and V-bone the fish

**1** To cook the mackerel, turn your grill to full and season the fillets with salt and pepper. Lightly oil and place the fish on a baking tray. Grill for a minute on each side – a little longer if the fillets are big. Don't be scared if the skin blisters and starts to blacken.

**2** Immediately remove from the grill, dress with the pickled vegetables and serve with a dollop of crème fraîche.

♥ **Recipe taken from The Gurnard's Head, St Ives**



## BEETROOT TARTAR AND NO4 RICOTTA

This zesty dish packs a powerful punch on flavour

### SERVES 4

#### RICOTTA

- 500ml whole milk
- 500ml double cream
- 2 pinches of Maldon Sea Salt
- Juice of 3 lemons

#### BEETROOT TARTAR

- 1kg raw beetroot
- 20g cornichons
- 20g capers
- 1 banana shallot
- 1 tbsp Dijon mustard
- 1 tbsp tomato ketchup
- ½ tbsp Worcestershire sauce
- ½ tsp Tabasco sauce

#### SALSA VERDE

- ½ bunch mint
- ½ bunch parsley
- 1 tsp red wine vinegar
- 1 tbsp Dijon mustard
- 100ml olive oil

**1** For the ricotta, add the milk to the cream with 2 pinches of salt.

**2** Heat up to 90°F and take off the heat. Add the lemon juice, then stir and leave for 20 minutes.

**3** Strain through a muslin so the curds collect and the whey passes through. Discard the whey and keep the ricotta in the fridge.

**4** Take the beetroot and boil for 30 minutes until your knife goes easily through the middle. Skin whilst warm and dice into cubes.

**5** Finely dice the cornichons, capers and shallot, then add the mustard and sauces. Mix into the diced beetroot.

**6** For the salsa verde, finely chop the mint and parsley, mix with the vinegar and mustard, season and add a slug of good olive oil.

**7** Drizzle the salsa over the top of the beetroot and ricotta. Serve with croutons or crusty bread.

♥ **Recipe taken from No 4 restaurant, Weymouth**





## MONKFISH WRAPPED IN PARMA HAM, WITH CREAMED CONFIT CABBAGE AND WILD MUSHROOMS

Monkfish is my favourite fish to eat, and I think this is the best way to enjoy it!

- 200g savoy cabbage, shredded
- 1 banana shallot
- 2 cloves garlic, peeled
- 2 carrots
- 50ml duck fat
- 100g mixed wild mushrooms, chopped
- Salt and pepper
- 100ml white wine
- 200ml double cream
- 150g monkfish
- 2 slices Parma ham
- 1 lemon cut into wedges (1 to go into pan to cook with the monkfish and 1 to serve as required)

**1** Shred the cabbage, thinly slice the shallot and garlic, and grate the carrots.

**2** Melt the duck fat in a pan on a medium heat. Sweat off the shallot and garlic for 2 minutes. Add the carrot and sweat for a minute, then add the cabbage and sweat for a minute more.

Strain off the duck fat.

**3** In another hot pan, add the chopped mushrooms and sauté in olive oil and butter for about 2 minutes.

**4** Season with salt and pepper. Add the white wine and cabbage mixture, then add the cream. Bring to the boil to reduce for 5-6

minutes until it is a thick consistency.

**5** Lay 2 slices of Parma ham lengthways on a flat surface. Wrap the monkfish in the ham, then season with salt, pepper and olive oil.

**6** Seal off all sides of the ham and monkfish in a hot pan of olive oil.

**7** Add a knob of butter and a wedge of lemon and place in the oven for 8-10 minutes at 200°C (fan). Check the fish is cooked through.

**8** Plate the cabbage and put the monkfish on the top, served with a lemon wedge.

♦ Recipe taken from SeaDrift Kitchen Café, Porthleven



'WE GET A LOT OF OUR SEAFOOD FROM NEWLYN, BECAUSE IT'S A MORE SHELTERED HARBOUR, WHICH IS ALWAYS WATERED' CHEF CHRIS BROOKS, SEADRIFT KITCHEN CAFÉ

## CHESTNUT AND BRANDY SEMIFREDDO WITH CHOCOLATE GANACHE

This is a delicious dessert – it tastes like soft ice cream

- 2 tins of chestnut purée (we use Merchant Gourmet)
- 300ml double cream
- 3 tbsp brandy
- 100g caster sugar

### GANACHE

- 250ml double cream
- 400g dark chocolate

**1** Mix the chestnut purée, double cream, brandy and caster sugar in a blender and whizz until the mixture is well combined.

**2** Pour into a shallow flat tray or individual dishes. Line with clingfilm and put into the freezer until almost frozen.

**3** Take out after an hour so it has the consistency of soft ice cream.

**4** To make the ganache, heat the cream in a saucepan, making sure you don't boil it. Then chop the dark chocolate into pieces and slowly stir it into the cream until it is

melted through. Leave the mixture to set.

**5** Scoop it out with an ice cream scoop and serve on top of the chestnut base, topped Chantilly cream.

♦ Recipe taken from Elsie Pinniger and Debbie Warner's Wine Club



## READER OFFER

coast readers can buy *Saltwater Kitchen Cookbook* by Louise Searle and Hayley Spurway, with photographs by Mike Searle, for £15 (RRP £17) including free P&P (UK mainland only), by calling 07974 928 254.



# OUT OF THE BLUE

How Jill Watson and Ben Tindall have lovingly restored a simple, wooden cabin set in a hidden cove in Berwickshire as a weekend, beachside retreat

WORDS **Alison Gibb** PHOTOGRAPHS **Douglas Gibb**


**T**he blue wooden cabin belonging to Jill Watson and Ben Tindall stands on a hidden cove, just north of the village of Cockburnspath in Berwickshire. The story goes that it originally belonged to a retired merchant sea captain – and it has been restored with this historic detail in mind. Simply furnished with rustic furniture and nautical accessories, it has the evocative atmosphere of a ship's interior. And with its position just above the beach, the views outside make it feel as though you are on the water. 'You can watch the sea, sky and harbour; fishing boats and birds from the warmth of the cabin,' says Jill, a sculptor in bronze, who spends weekends at the house with her architect husband. 'The view is ever-changing,' she adds.

Jill and Ben – who are based just an hour away in Edinburgh – bought the cabin as a retreat from city life back in 2009. Both passionate conservationists, they have since taken on responsibility for the preservation of the whole of Cove Harbour where the cabin stands – saving it from development and managing it for fishing and to preserve its character. 'There are just a few houses dotted around, but it is a well-known beauty spot and

of important historical interest,' Jill explains. Indeed, the area was a favoured setting for 19th-century school of artists the Glasgow Boys to spend their summers.

## QUALITY OF LIGHT

What they have tried to create here is a cosy space in which to unwind, with interiors that reflect the local area and the sea. The living room with windows on three sides is their favourite – but the light quality here threw up some challenges when they first began decorating, as paint colours they liked in town did not work at the cabin. 'Colour works completely differently by the sea,' says Jill. 'This is due to reflecting light. Be prepared to change your mind about colour – we had to make our choices when we were down here.' Happily, the couple gained inspiration from the many colourful fields of cabbages and sprouts nearby – resulting in a bold, organic palette of greens and blues.

The wooden floor has been left untreated so that it looks as natural as possible. 'The sand brought in from the beach is swept out with a broom,' Ben points out. Above the fireplace is a large mirror within a shell-covered 







**LEFT AND TOP** The Blue Cabin was the home of a former sea captain and has been restored with this historic detail in mind, using nautical finishings and rustic furniture. The organic blue palette was inspired by the surrounding fields of cabbages and sprouts **ABOVE** Sculptor Jill Watson and architect Ben Tindall retreat to the cabin for weekends away from busy city life in Edinburgh







frame, which Ben made for the cabin out of shells collected from all over. There is a dog whelk from Hong Kong, along with razor shells, scallops and sea urchins from Orkney. The mirror reflects the light from the sea and acts as another window in the room.

Unusually for a seaside hut, the cabin is well-insulated and heats up in minutes. The hooded Orkney chairs in front of the fire reinforce the feeling of shelter for the visitor. 'The Orkney chairs on either side of the wood-burning stove almost offer a holiday in themselves, especially if a storm is brewing outside,' Jill says. Orcadian farmers have made these chairs for their crofts for hundreds of years. Originally crafted from driftwood, and set low to the ground to avoid the peaty smoke that inevitably rises, they have straw, woven backs, for comfort, and are often hooded to protect from draughts.

## NAUTICAL BUT NICE

A small opening in the panelling at the end of the living room leads into a tiny, but fully equipped kitchen. Also timber-lined and painted the same blue as the living room, it has a window that looks out onto the hillside of grass and ferns. 'From the living room you are aware of windows and daylight on three sides, but the linked kitchen is conveniently hidden from view,' says Jill.

The master bedroom, like the living room, looks out to sea and, when the window is open, you are able to hear the waves. It has a romantic box bed, designed by Ben, with kelp seaweed fretwork. Much like a ship's cabin, every square inch of the room is used efficiently. There is a pretty wardrobe with two more seaweed cut-outs at the top and shelves on either side, plus a hidden cupboard with two large internal shelves and a drawer under the bed. In the timber-lined room everything is painted a strong green, which works perfectly in this location. 'The colours we have chosen here, we would not have dreamed of using in Edinburgh,' confirms Jill.

Dotted about are many books of interest and relevance to the area: tomes on local history and the sea as well as a few miscellaneous titles about faraway places. 'The pictures on the walls are to remind us of the sea captain and his travels,' Jill adds. These include a large print of Philadelphia with ships and boats on the waterfront. ➡



OPPOSITE The dining room looks out over the harbour, beach and sea. 'You become mesmerised by the horizon,' says Jill TOP Hooded Orkney chairs in front of the fire, used by Orcadian farmers for their crofts hundreds of years ago, reinforce the feeling of shelter from the elements ABOVE Brass door handles, made by Jill RIGHT The cosy kitchen is timber-lined and painted in the same blue as the living room







OPPOSITE Jill takes in the view across the water. 'Sitting on the terrace in the sunshine is sheer bliss,' she says TOP AND LEFT The romantic box bed in the bedroom was designed by Ben with kelp seaweed fretwork, and painted in a vibrant green colour

a fisherman's portrait, and a specially commissioned woodcut print by Kathleen Lindsley from the Isle of Skye. There are long, framed prints, too, of drawings of nearby Siccar Point, a rocky headland, and the location of James Hutton's Theory of Unconformity, discovered in 1788.

## THOROUGHLY INSPIRED

The garden is a work in progress. 'Wild but controlled' are Jill's exact words. She has started planting a raised bed for salads and herbs for cooking. More importantly, Jill finds the surrounding landscape has a big influence on her work – and has a new-found interest in seaweed as a result. 'Something I have learned, which should not have been a surprise, is that seaweed changes hugely throughout the year, like any land plant. Sketching and examining the different seaweeds in the harbour at low tide over a calendar year, I noticed that they follow the land seasons; coming to life with new growth in the spring and swelling up with fruits and seeds in the summer.' Jill has used this observation as a reference point for the beautiful bronze hooks and handles that she has designed for the cabin's interior.

The history of the area has also been a source of fascination. Jill was commissioned to create a memorial commemorating what is believed to be Britain's worst fishing disaster, when 189 men died off Eyemouth in a single afternoon in 1881. Jill has installed a series of bronze figures in four of the communities affected (Cove, St Abbs, Eyemouth and Burnmouth) representing the families of those that perished.

Despite their busy lives in the Scottish capital, the pair are able to stay at their bolthole often, and spend weekends taking restorative walks along nearby Tynninghame Beach to blow away the cobwebs. When they are not here, they rent out the property as a retreat for other people to enjoy. Just spending time at the cabin is relaxing and enriching, they say. 'Sitting on the terrace in sunshine is sheer bliss, watching the harbour, beach and sea,' confirms Jill. 'You become mesmerised by the horizon.'

◆ The Blue Cabin is available to let through [bluecabinbythesea.co.uk](http://bluecabinbythesea.co.uk). See [jillwatsonstudio.co.uk](http://jillwatsonstudio.co.uk) and [benjaminindallarchitects.co.uk](http://benjaminindallarchitects.co.uk).





## JILL AND BEN'S WEEKEND IN BERWICKSHIRE

### FAVOURITE SHOP

The Buttercup Studio in Dunbar (01368 255138). It is impossible to come out empty handed. There is always something you absolutely need. They love the things they sell and are really welcoming.

### BEST CAFÉ

The Garden Path café in Dunbar is absolutely brilliant – the food is freshly cooked and reasonably priced, plus there is an adventure playground right beside it, so parents can enjoy a coffee undisturbed (01368 865746, [gardenpathcafe.co.uk](http://gardenpathcafe.co.uk)).

### GO SURFING

This stretch of coast is ideal for surfing – nearby

Pease Bay is infamous. The Coast 2 Coast Surf School is located in Dunbar and can give lessons to novices and experienced surfers (07971 990361, [c2csurfschool.com](http://c2csurfschool.com)).

### FOR LIVE MUSIC

Audio Soup in Duns is a three-day event in July. There's music, food, hopefully sunshine, and it's a great place to hear indie and dance music ([audiosoupfestival.co.uk](http://audiosoupfestival.co.uk)).

### TOP WALK

The best walk in the area is along Tynninghame Beach – which is a deserted, white, sandy beach. There are no shops or cafés for miles, so you can take a picnic or just enjoy the walk.





# WEEKEND IN... RAVENGLASS

From husky racing and hawk displays to a haunted castle and the steam railway, there's plenty to do for all the family in this charming seaside village on the edge of the Lake District







So large do 'the Lakes' loom, when you mention Cumbria, many people seem to forget it's a county with a coastline too. The small village of Ravenglass is where the Western Lake District meets the Irish Sea and it is the only coastal village within the Lake District National Park. It lies at the mouth of three rivers and the nearby Drigg Dunes are an important nature reserve, home to a wide variety of rare insects, wildflowers and natterjack toads. The scenery on the drive to Ravenglass from any direction is spectacular, with Muncaster Castle towering above as you come down into the village itself.

Ravenglass is an ideal base for exploring this relatively quiet, overlooked part of the coast. It has a 19th-century steam railway running from the village up to Eskdale, at the foot of the Scafell range, England's highest mountains. The sand-and-shingle beaches of St Bees, Silecroft and Haverigg are close by and if you're interested in wildlife, you'll find seabirds, birds of prey, butterflies, squirrels and deer here. And of

course, the Lakes themselves are only a short drive away.

## SATURDAY AM



### HUSKY FUN

The sky is a soft pearly grey and the water still as I greet Sonia, founder of Horse & Husky on the beach at Ravenglass. 'Can you ride a bike?' she asks. I sheepishly admit I haven't ridden since the 1990s. Here's hoping there's some truth in that saying about never forgetting...

A tricycle-like contraption is pulled by two Siberian huskies, the female Luna leading. 'No alpha male in this pack!' jokes Sonia. Both are friendly but mostly just straining to get going. Sonia advises to keep my hands over the brakes at all times. To command these high-energy dogs, tone of voice matters – higher to move forward, lower to keep pace. I practise starting, stopping and turning on the beach until the tide comes in and we move to the Eskdale Trail. The countryside passes in a green



ABOVE  
Anne-Claire Heels spent a fine weekend filled with food and fresh air in Ravenglass

blur and we're mud-spattered but elated as we eventually arrive back at Sonia's van. Luna and Ice have well-earned treats, while I proudly receive my musher's certificate.

Sessions from £70 for two hours – one or two people can participate (01229 718488, [horseandhusky.com](http://horseandhusky.com)).

## SATURDAY PM



### TO THE CASTLE

After a hasty shower and snack at our accommodation, the Inn at Ravenglass, we head to Muncaster Castle, a mile above the village. At the onsite Hawk & Owl Centre two knowledgeable guides introduce kestrels, kites, a falcon named Asbo, and the very cute Linford and Christie, a tiny pair of





burrowing owls strutting about in cartoon-like fashion. Vultures swoop above our heads to a soundtrack of classical music – ‘I hope everyone knows how to duck!’ says our guide, cheerfully.

The display over, we tour the castle, said to be one of Britain’s most haunted. One room is lined with ancestral portraits of the Penningtons, who have owned the estate since 1208. The castle certainly has a colourful history. Henry VI sheltered here during the Wars of the Roses, while Muncaster’s 16th-century jester, Tom Fool, gave us the word tomfoolery. Events are held throughout the year and you can book overnight ghost stays too. But we’re content to simply drink in all the history and beauty, exploring the great hall, the library and the Terrace Walk, with its

**CLOCKWISE FROM FAR LEFT**  
A walk along the River Esk follows wooded paths and ravines; husky-sledding on the beach at Ravenglass; Muncaster Castle is said to be the most haunted in Britain; the Ravenglass & Eskdale Steam Railway runs from the coast up to Eskdale; the ruins of the Ravenglass Roman bathhouse; a linocut print of ringed plovers silhouetted against the sunset by Mark A Pearce; The Hawk & Owl Centre, within the gardens of Muncaster Castle, runs regular displays

panoramic fell views. The Castle may be closed on Saturdays to host weddings (01229 717614, [muncaster.co.uk](http://muncaster.co.uk)).



### TODAY’S CATCH

The Inn at Ravenglass prides itself on locally landed, sustainably sourced fish and seafood. The menu has tasting notes on each fish and messages from the fishermen who supply them. My mouth waters as I read the specials. The crab cake starter with sweet chilli sauce is so artistic I almost feel guilty tucking in. Almost... My main course of sea bream on chorizo and mussel risotto, with samphire and scallops, is delicious (01229 717230, [theinnatravenglass.co.uk](http://theinnatravenglass.co.uk)).

## SUNDAY AM



### ART AND ROMAN RUINS

Breakfast is served at the Inn’s bigger sister hotel The Pennington, a couple of doors down. Before leaving, I stop to examine the eye-catching art adorning the walls leading to the reception and the bar. The linocut prints are by a Ravenglass-based artist and feature local seascapes with depictions of light dancing on

water, seabirds silhouetted against the sunset and changing skies above the estuary.

Next on our itinerary are the remains of the Ravenglass’s Roman bathhouse. The Romans arrived here around AD120, drawn to the area because of its natural harbour. When we stop by what’s left of the bathhouse, it’s surreal to think of Roman soldiers here all those years ago, in one of the most far-flung parts of their mighty empire. We figure they’d be as impressed as we are that some of their walls still stand.

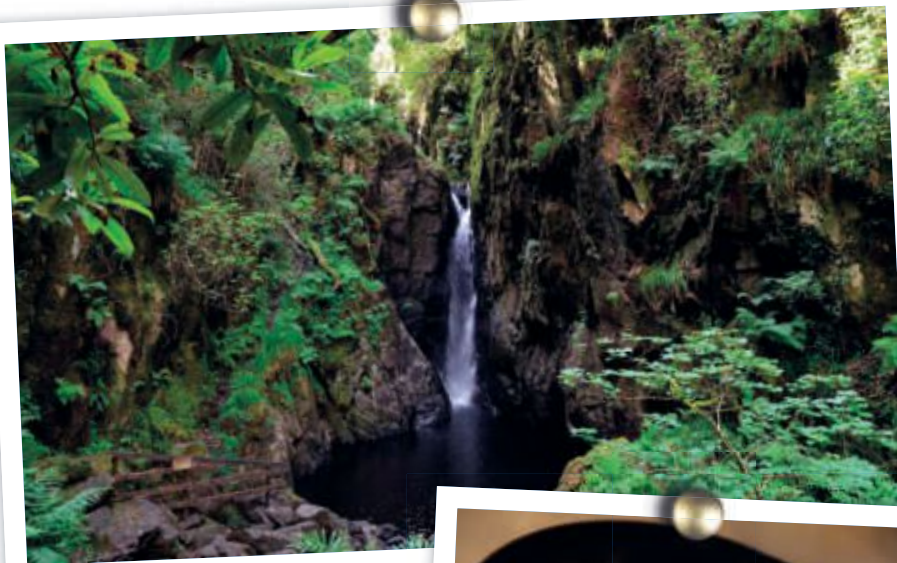


### FULL STEAM AHEAD

The Ravenglass & Eskdale Steam Railway is one of the oldest and longest narrow gauge railways in the world, running from the coast up to Eskdale. We sit in an open carriage and let the locomotive pull us seven miles inland. There’s something magical about steaming through hidden valleys on this little train, with the smell of coal, billowing clouds of steam and the peal of the whistle transporting us to a bygone era. A childlike joy spreads among the chatting passengers as we head along the estuary, where you can see oystercatchers and curlews, then up into green







gorges and past fields of Herdwick sheep hemmed in by dry stone walls (01229 717171, [ravenglass-railway.co.uk](http://ravenglass-railway.co.uk)).

## SUNDAY PM



### A GLORIOUS STROLL

We arrive at the end of the line in Dalegarth, the station that serves a small village called Boot. Passing a 12th-century church, we meander along one of the many streams and head into the trees following our map and the way markers. The scenery is glorious and we keep our eyes peeled for red squirrels. Everywhere is an earthy smell; the rocks and fallen trees are covered with green moss like velvet, giving the landscape an ancient, Lord of the Rings feel. We keep climbing, then round a corner and suddenly before us is the mighty Stanley Ghyll



waterfall, dropping into a dark pool 60ft below. The train having been packed with walkers, we are thrilled to have this view to ourselves, before walking back down the ravine to the station.



### TRAIN FARE

Back at Dalegarth we drop into Fellbites café to have lunch before our return journey. I tuck into freshly made sandwiches and a lemon crumble slice. Browsing the station gift shop afterwards, I settle on a vintage-style poster as my souvenir. Then it's time to board the train, this time pulled by an engine called Northern Rock. Back in Ravenglass we change out of muddy boots and head for the car, but not before taking one last look at the view from the hotel. The tide has drawn out, leaving fishing boats to float on sand and the birds to busy themselves in the mud. It's a beautiful conclusion to our weekend.

**TOP** The Stanley Ghyll waterfall near Dalegarth drops into a dark pool 60ft below  
**ABOVE** A buttery prawn dish from the Inn at Ravenglass  
**BELOW LEFT** A view of fishing boats from the hotel's window



## NEED to KNOW



### STAY AT... THE PENNINGTON

**HOTELS & INNS** group offers a variety of accommodation in the Ravenglass area, from hotels to self-catering cottages. Coast stayed at the Inn at Ravenglass, which is right in the village and offers two luxurious suites looking out on the estuary of the rivers Esk, Mite and Irt. It's all in the detail here, from the jar of cookies to the Thierry Mugler toiletries. The inn serves local produce such as Cumberland sausages and Manx kippers, as well as CAMRA award-winning real ales. From £100 per night (01229 717230, [theinnatravenglass.co.uk](http://theinnatravenglass.co.uk), [penningtonhotels.co.uk](http://penningtonhotels.co.uk)).



### HOW TO GET THERE

From the M6, various A-roads lead through the Lake District National Park to the A595 to Ravenglass. It takes 2hrs by car to Ravenglass from Manchester, and 3hrs from Liverpool, Leeds or Newcastle upon Tyne. Ravenglass is on the rail line from Carlisle to Barrow-in-Furness. For trains, see [northernrail.org](http://northernrail.org).





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# MUSIC *and the* SEA

From Benjamin Britten to the Beatles, musicians of all genres have drawn on the unique sounds of coastal environments. Cultural historian *Anna Maria Barry* investigates this special link

It's the Last Night of the Proms. The atmosphere inside the Royal Albert Hall is electric throughout the evening. But there's one song above all others that gets everyone in the audience on their feet, wildly waving flags as they sing – mostly – in unison: *'Rule Britannia, Britannia rule the waves!'*

We are a nation that is proud of our maritime tradition and so it perhaps shouldn't come as a surprise that during what many would call the highlight of the musical year, we are most roused by a song evoking this rich heritage.

For centuries the sea has been a muse for British music. From salt-of-the-earth sailors to celebrated composers, many have translated the sounds of British waters and shorelines into catchy ditties and magnificent melodies.

## FIGHTING NAPOLEON ON THE STAGE

*Rule Britannia* forms part of the 'Fantasia on British Sea Songs', often played at the Last Night of the Proms. Many of these were created in the 18th century in the run-up to and during the Napoleonic Wars, when the crusade against France saw a swell of popular patriotism. Britain's brave sailors were celebrated in a seemingly endless range of musical entertainments.

One of the most famous interpreters of sailor songs in this period was Charles Incledon, a colourful Cornish tenor who was infamous for his love of women and alcohol. Charles had served in the Navy himself and often performed in a sailor's uniform. His performances were hugely popular with audiences, who saw him as an authentic 'Jack Tar' – the affectionate nickname given to British seamen at the time.

*The Storm* – Charles' trademark ballad – vividly recounts a shipwreck from which a sailor prays for salvation. It is easy to imagine the dramatic power of lines such as:

*While o'er the Ship wild waves are beating,  
We for Wives and Children mourn,  
Alass! from hence there's no retreating,  
Alass from hence there's no return.*

## SONGS ON THE HIGH SEAS

Music inspired by the sea was also performed at sea. Long before the stages of London were graced with rousing maritime choruses, the shanty was sung out as sailors laboured on deck. These songs helped synchronise the movements of men performing tasks that required



*'Shanties are still relevant today because they talk to us of the struggle against adversity and the power of comradeship'*

ABOVE Charles Incledon's trademark Ballad *The Storm* recounts a shipwreck from which a sailor prays for salvation

co-ordination, such as hauling anchors. Led by a designated 'shantyman', shanties were performed in a 'call and response' form. 'Long-haul' shanties were designed for pulling a rope over an extended period of time, with the men hauling the rope once or twice per verse. A 'short-haul' shanty, on the other hand, accompanied a quicker hauling job and the tune reflected this.

Seamen brought these songs back to shore with them and soon lyrics such as *'What shall we do with a drunken sailor?'* – a chorus line from a short-haul shanty – were leaving the mouths of landlubbers too. These days, sea shanties have been enjoying a lively revival, helped along by the growing popularity of folk music. Shanty festivals have sprung up all over Britain, alongside community initiatives aimed at preserving this rich musical tradition.

'Secret Shore', a project in Sussex that secured £50,600 of funding from the Heritage Lottery Fund, is keeping sea songs and shanties alive through free workshops in Shoreham and Littlehampton, led by experienced teachers such as Chris Hare. Chris explains, 'Shanties are still relevant today because they talk to us of the struggle against adversity and the power of comradeship. Singing these songs fosters a mood that is hard to describe. Songs telling of the end of







*'Down at Margate looking very charming you are sure to meet  
those girls, dear girls, those lovely seaside girls'*

a long voyage and the return to port seem to speak as much about life as they do about the incidentals of seafaring.' Around 100 people have signed up for the 'Secret Shore' workshops so far; proof of the shanty's enduring appeal.

## MUSIC HALLS TO MEGASTARS

By the Victorian and Edwardian eras, the railways had opened the coast to more people than ever before and the seaside had come to be associated with fun times. This was reflected in the music played in resorts such as Brighton, Blackpool and Southend, where ditties such as *'I Do Like To Be Beside The Seaside'* rang out in the crowded music halls. As a nascent professional music industry developed in the early 20th century and the first commercial gramophone records were sold, these tunes came to be appreciated by a wide audience.

One popular song of the era, *Seaside Girls*, was even immortalised by James Joyce who mentioned it several times in his seminal modernist novel *Ulysses*. Its saucy lyrics included:

*Down at Margate looking very charming  
you are sure to meet  
Those girls, dear girls, those lovely seaside girls*

ABOVE The popular song *Seaside Girls* was immortalised in James Joyce's *Ulysses* where he talks about girls promenading on Margate Pier

*With sticks they steer and promenade  
the pier to give the boys a treat*

The musical image of the sea as a place for good cheer continued into the second half of the 20th century, with bands such as The Beatles scoring hits with the lines *'I'd like to be under the sea'* (*Octopus' Garden*) and *'So we sailed up to the sun, till we found the sea of green, and we lived beneath the waves'* (*Yellow Submarine*).

## COMPOSERS ON THE COAST

Alongside the popular tradition of seaside music, the British coast has long excited classical composers. At Fingal's Cave on the Isle of Staffa in the Scottish Hebrides, the waves crash against basalt columns and echo off the naturally arched roof. The atmospheric sea cave proved such an inspiration for German composer Felix Mendelssohn when he visited in 1829 that he immediately wrote to his sister, including a couple of lines of music in his letter. He told her: *'In order to make you understand how extraordinarily the Hebrides affected me, I send you the following, which came into my head there.'* These lines became the opening

phrase of his celebrated *Hebrides Overture*.

After a walking holiday in Cornwall in 1886, composer, suffragette and OBE Ethel Smyth was driven to compose *The Wreckers*, an opera set in a Cornish wrecking community which told a tale of love, loss and betrayal. When the opera premièred in Leipzig in 1906, it received 16 curtain calls.

Another opera, *Peter Grimes* – regarded by some as the greatest English opera ever written – tells the tragic story of the fisherman Peter Grimes, who is persecuted and cast out of his community. Set in Aldeburgh and composed in 1945 by its most famous resident, Benjamin Britten, the opera includes the famous *Four Sea Interludes*, which are often performed separately as a self-contained orchestral suite. Both musical works undeniably draw on the sounds Britten would hear on his daily walks along the beach: the waves rumbling over the shingle, the wind whistling through the fishing boats.

Today, another grand coastal oeuvre is being created through the National Trust's 'Sound of our Shores' project. Asked to record their favourite seaside sounds, members of the public captured a library's worth of audio clips, ranging from ferries in the fog to crying gulls and snorting seals, taken from all across the UK. This aural archive will be transformed by Martyn Ware, a musician, producer and founding member of the Human League, into an original, 20-minute-long piece of music, released in February 2016.

Styles, instruments, methods and melodies may have changed over the centuries but the sea has remained, and will no doubt continue to be, a constant stimulus for great British music.

BELOW **Fingal's Cave on the Isle of Staffa inspired Felix Mendelssohn to compose his celebrated *Hebrides Overture***



## HOW TO ENJOY COASTAL MUSIC

### SEA SHANTY FESTIVALS

Falmouth International Sea Shanty Festival ([falmouthseashanty.co.uk](http://falmouthseashanty.co.uk)), one of the biggest maritime music festivals in Europe, is held annually in June and sees over 40 acts perform 250 hours of shanties over one weekend. The Liverpool Sea Shanty Festival ([seashantyliverpool.co.uk](http://seashantyliverpool.co.uk)) and Harwich International Sea Shanty Festival ([harwichshantyfestival.co.uk](http://harwichshantyfestival.co.uk)) are held in October, while Fisherman's Friends – a group that has performed at Glastonbury and released albums – perform on the beach at Port Isaac in Cornwall in the summer months.

### SECRET SHORES

To find out more about the Sussex-based 'Secret Shore' project with its free workshops on coastal songs, visit [southdownssociety.org.uk](http://southdownssociety.org.uk). Workshops in Littlehampton and Shoreham began in September 2015 and run through until March 2016. There will also be a workshop in Brighton later in 2016. At the completion of the project, a massed choir of those who have learnt the songs will perform them and their singing will be recorded. A CD will later be released with a booklet detailing the history of the songs.

### BRITTEN'S PROMS

First founded in 1948 by Benjamin Britten, the Aldeburgh Festival ([aldeburgh.co.uk](http://aldeburgh.co.uk)) sees the world's leading musicians descend on the Suffolk coast for a programme of classical music, opera and art. While most of the action is centred around the Snape Maltings Concert Hall, there's also an open-air stage on the beach, with free lunchtime music.

### SOUND OF OUR SHORES

To find out more about the National Trust's 'Sound of our Shores' project and Human League founder Martyn Ware's composition inspired by the project, visit [nationaltrust.org.uk](http://nationaltrust.org.uk).





TRY IT NOW

# WILLOW SCULPTING

## *in West Sussex*

Learn how to make exquisite objects for your garden and home using only your hands and natural materials

WORDS **Gabrielle Jaffe**

**B**efore the age of mechanisation, we relied on simple techniques and natural resources to create objects of great use and great beauty. From lobster pots to fancy garden sculptures, items made with age-old weaving techniques can still be found across the country. But how many of us know how to craft them ourselves?

Although these beautiful works of artisanship can look complicated, anyone can learn how to make them. You just have to have time, patience – and the right teacher. That's where places like West Dean College come in. Set a few miles north of Chichester's natural harbour, the verdant 6,350-acre West Dean Estate is home to famous public gardens and a centre of learning specialising in conservation and heritage crafts. Both are the legacy of Edward



**HAVING A GO**  
Gabrielle Jaffe learned how to make objects out of willow at West Dean College (below)

James – a poet best known for his patronage of artists including Salvador Dali – who inherited the West Dean Estate from his father.

Since the college was founded in 1971, it has grown to offer courses from multi-year diplomas to week-long programmes and one-day workshops. Equipped with a pottery, forge, fine-metals workshop and studios aplenty, West Dean covers creative subjects as diverse as 'Making your own wedding rings', 'Letter cutting in slate', 'Drawing in the garden' and 'Traditional leatherwork' – all taught by expert tutors. Among the myriad of classes available are regular willow work courses, where students learn to create everything from sculptural animal forms to baskets and chairs.

### 9AM A HISTORIC CRAFT

Having stayed over at the college the night before – enjoying a hot chocolate by the grand fireplace in the Oak Room before heading to bed – I wake up refreshed and raring to learn. As we wait for all the students to arrive, teacher Dominic Parrette informs us that the craft of willow-weaving dates back thousands of years: 'If you look at archaeological sites from the Romans, you'll see what we're doing is nothing new. We might add modern

design but the basic techniques are all the same.'

Now all eight pupils are here – most local but some having come as far as Ireland – Dominic ushers us into the workshop. Pulling back a damp towel, he reveals the materials we'll be working with, explaining that to ensure the willow is pliable, it has been soaked in water for several days. He shows us the

### ASK the PRO



**Trained at the City & Guilds, Dominic Parrette has worked with**

**willow for over 15 years.**

'I grow and harvest a lot of my own willow. There's something special about seeing the cycle of willow growing back again – you're more in touch with the seasons. Working with natural materials means that no two pieces will ever be the same. It's the quirks of each piece of willow that make it exciting to work with.'

People nowadays often buy baskets that have been made abroad but these skills haven't been lost in this country yet. It's important to keep this heritage going.'



PHOTOGRAPHS GABRIELLE JAFFE





'brown' willow, with the bark still on, and the 'buff' willow that's been boiled and stripped of its bark. Buff dries out quicker but holds more firmly in place, so is best for the more complicated, sculptural pieces.

### 9.30AM STARS & STRIPS

The 6ft, 4ft and 3ft strips we'll be using have come from Somerset, the main growing area in the UK. Before we get our hands on them, Dominic directs our attention to a table laid out with stars, wreaths, woven fish and other decorative pieces. We have the option of making any and all of these objects today.

First, Dominic instructs us on how to make a wreath, so he can make sure we've got down the basics. Taking two branches each, we match the thin end, or 'tip', of one, with the thicker end, or 'butt', of another. Then we twist one round the other and bend the ends together to create the wreath shape. 'It's easier if you keep your hands stretched out and pointing downwards,' Dominic tells us. 'I'm beginning to sound a bit like a yoga instructor,' he laughs.

We use no glue, wire, or strings. Amazingly, it's simply the tension of branch against branch that holds everything in place. We weave in more branches and it's satisfying to watch the wreath slowly thickening. Soon it's complete and we're

**ABOVE A wreath was the first thing students learned how to make ABOVE, RIGHT Instructor Dominic showed everyone the different types of willow they'd be working with on the course OPPOSITE Gabrielle (top left) and her course mates created holly wreaths, hanging stars, woven fish and a spiral bell decoration; one student even tried her hand at making an obelisk for the garden**



neatening off the overhanging bits with a pair of secateurs, before adding the final flourishes of holly, ivy and ribbons.

Next, we graduate to slightly more complex objects: a star made with five soft bends, and a spiral hanging decoration, crafted using a wooden block and a plaiting technique similar to methods used to make corn dollies at country fairs.

### 1PM GARDEN DELIGHTS

We break for lunch and I plump for a hearty dish of moussaka from the buffet. Stomach sated, I use the rest of the hour to explore West Dean's magnificent grounds – making sure to look out for the 100ft Edwardian pergola, the walled garden and the flower-filled Victorian glasshouses.

Remembering what Dominic had said earlier – that you don't need to use only willow; any similar hedge branches can be collected fresh on country walks – I start looking at the different trees and bushes, imagining what I'd make from them. Giant sculptures dotted around the lawns provide further inspiration.

### 2PM DECORATIVE DESIGN

Back inside, we're going to work on bigger projects this afternoon. Some students opt to make garden obelisks, complex but stunning objects for growing plants. They fashion wigwam-shaped structures and weave

strands up and around it like a helter-skelter.

Less confident, I choose to make a decorative sphere. First, I create three basic wreaths, slotting them together along three dimensions to make the skeleton for my ball. Working with buff willow, which gives a cleaner finish, I add more to fill in the gaps. Initially, it looks a mess. But after an hour, it all comes together and I'm really impressed with this structure. I would have readily forked out money for it if I'd seen it in a design store.

We've a little time left, so Dominic shows me how to make a fish, bending a larger branch and weaving it together with smaller branches in figure-of-eight strokes. By the time 5pm rolls round, I can't believe how many willow makes I've magicked up in one day. I thank Dominic for showing me how these beautiful objects can be made using historic techniques – and all-natural materials.

### 5.30PM INTO THE SUNSET

Carefully placing everything I've made into my car, I head out along the college's long driveway. Following the surrounding countryside lanes, I reach Chichester Harbour's Dell Quay just as the sun is setting. And though I'm exhausted from my day of grappling with the willow, I can't help but smile as I gaze out at sailing boats silhouetted against the reddening sky.



## NEED to KNOW



### HOW TO GET STARTED

coast attended a one-day workshop with Dominic Parrette. Willow courses at West Dean vary throughout the year and are led by a range of tutors. Dominic is holding a two-day 'Willow work for the garden' from 7-9 March, while Mary Butcher is teaching the two-day 'Willow basketmaking for beginners' from 11-13 March. Each course costs £232. All materials, tools and lunch are provided. Visit [westdean.org.uk](http://westdean.org.uk) to book or call 01243 818300. To find out more about Dominic's work, see [sussexwillow.co.uk](http://sussexwillow.co.uk).



### HOW TO GET THERE

By car, West Dean is situated on the A286 between Chichester and Midhurst, off the A27, which can be reached from the A3 and the M27. By bus, the number 60 from Chichester and Midhurst stops close to the West Dean Gardens entrance. Find a timetable at [stagecoachbus.com](http://stagecoachbus.com) or call 0845 121 0190.



### WHERE TO STAY

Accommodation is available at the college. Rooms from £112 per person, including breakfast and dinner.



# Make your own MARBLED VASE

Get ready for spring flowers and give tired, old containers a beautiful makeover with this easy technique

WORDS & PHOTOGRAPHS *Shore Cottage Studio*

We love grouping similar vases together with informal blooms for a fresh spring feel. These very simple floral arrangements look lovely in a decorated vase. We have come across an easy way of adding a free-form pattern to a plain vase, inspired by water and waves. The watercolour effect is applied using a nail-varnish marbling technique. You will probably have all of the requisite items around the house so this is a craft that is super easy to try.

For your first attempt at marbling try using an inexpensive vase or even a milk bottle to experiment. We have found using warm water to float your nail varnish allows you a longer working time before the varnish sets. Try adding colours one at a time or several drops at once and swirling to combine them. Vases can also be dipped several times to layer up more colour gradually. Experiment with dipping the bottom of the vases or rolling the sides through the colour for a different look.

The nail varnish will dry slowly onto the vase but is easily disturbed as it sets, so do take care not to wrinkle or damage the pattern. However, this can be an advantage as any smudges can be wiped away with kitchen paper immediately after dipping. Nail varnish remover will get rid of any smudges after the varnish has set. Once dry the vase can be used as normal but should be hand-washed as it will not be dishwasher safe.

## WHAT YOU NEED:

- Plain vases, milk bottles or similar vessels
- Cocktail stick
- Plastic container for water (ice cream tub or similar)
- Nail varnish



1 Fill your container with warm water and add one or two drops of varnish to the surface.



2 Use a cocktail stick to break the surface of the drop and encourage it to spread out.



3 Roll the vase along the surface of the water, picking up the thin layer of varnish as you go.



4 Sit the vase on a layer of kitchen paper to dry slowly – don't rub, blot, or touch until dry.





## ABOUT SHORE COTTAGE STUDIO

Shore Cottage Studio consists of three generations of artists living and working on the Wirral Peninsula. They run short creative courses in fused glass, photography, textiles and laser-etching, taking inspiration from their surroundings. They also exhibit their work and produce commissions. Oh, and there's usually cake. You can book a course or commission a piece from Shore Cottage on their website ([0151 648 6581](http://0151.648.6581), [shorecottagestudio.com](http://shorecottagestudio.com)).



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Growing up on the Kent coast, Frances has the sea in her blood. A presenter on ITV's *Love Your Garden*, she studied horticulture at the Royal Botanic Garden in Edinburgh and is the author of *First-Time Gardener* (Kyle Books). She now lives on the South Devon coast and works on her own plot and community projects. [francestophill.com](http://francestophill.com)

# THE COASTAL GARDENER

coast columnist *Frances Tophill* advises on the best bulbs and perennials to fill your garden with early spring colour

March is a time when we really get our first taste of spring in the garden. For me, and for many other gardeners, spring means bulbs. By March, this vibrant, colourful assault will be in full swing. The March of the bulbs perhaps?

For those of us who garden by the sea, the bulb is our best friend: planted in the autumn, flowering in the earliest part of the year, full of colour and often full of scent. Many people can leave bulbs (with the exception of tulips) for decades in the ground, with an ever-strengthening display year after year. Sadly, a coastal position renders that difficult. Often the salty conditions make bulbs really fight for life and this battle will weaken them as the years go on. No need to despair though, bulbs offer maximum colour for minimum cost, meaning you can add to the display every year.

to be, if not the King of the bulbs, certainly a member of the high court. The vivid blues, deep purples, candy pinks and primrose yellows are not only stunning but also provide a sweet scent, designed to draw in those brave, early bees.

If a hyacinth is a courtier, then the princess is the delicate Ipheion. This beautiful, little bulb thrives by the sea and has naturalised on the coasts of Britain despite hailing from South America. It has stellate (star-like) flowers in bright whites and pale blues.

## PICK OF THE BUNCH

Of course the King of the March bulbs, or the general that leads this offensive, has to be the daffodil. Every year it brightens our verges with flanks of bright yellow. But there's more to this old favourite. White narcissi for instance, are delicate and headily scented and the Pheasant's-eye range too, offers something a little different. And what better plant to grow for the ideal mother's day bouquet?

It's not all about bulbs though; I can get carried away. Let's not forget those evergreen perennials that throw up the earliest flowers. The Euphorbias and the Bergenias for example give brilliant, almost fluorescent early colour. I say, let them come. Bring on the flowers and bring on the colours.

*'For those of us who GARDEN BY THE SEA, the bulb is our BEST FRIEND: planted in the AUTUMN, flowering in the EARLIEST PART OF THE YEAR'*

## BULBS & BEES

So let's get down to practicalities: what are the best bulbs for early spring? Well they may not be the most fashionable, but the hyacinth has







# WALK *of the* MONTH

A lonely and very beautiful corner of Kent's 'forgotten' island, featuring an early Norman church and a superb birdwatching shore

BY **Christopher Somerville**

**WHILE YOU ARE THERE**

**HIGHLIGHTS?** ST THOMAS' CHURCH; AVIATION HISTORY; BIRDWATCHING ON THAMES AND SWALE ESTUARIES (TAKE THE BINOCULARS!)  
**FOR THE KIDS?** BEACH AT SHELLNESS



## NEED TO KNOW

**GETTING THERE:** M2 (Jct 5); A249 ('Sheerness') on to Isle of Sheppey; B2231; right on minor road to Sayes Court and Ferry House Inn.

**LANDSCAPE:** Flat fields and meadows, cockleshell beach, mudflats and sea.

**REFUELLING OPTIONS:** Ferry House Inn, Harty Ferry Road ME12 4BQ (01795 510214, [theferryhouseinn.co.uk](http://theferryhouseinn.co.uk); you'd be wise to book) – popular, cheerful pub on the Swale Estuary.

**OS MAPS** Explorer 149 'Sittingbourne & Faversham', Landranger 178 'Thames Estuary'.

**PARKING:** Ferry House Inn (please give inn your custom).

**PUBLIC TOILETS:** Beside Ferry House Inn.



## ISLE OF SHEPPEY (KENT)

DISTANCE 6 MILES • TIME 3 HOURS • DIFFICULTY



### 1 STARTING POINT

Setting off from the Ferry House Inn down at the southeast tip of the Isle of Sheppey, follow the footpath northeast to **St Thomas' Church**, which is a beautiful little Norman building.

### 2 STRINGBAG COUNTRY

A field path leads from **Sayes Court Cottages** beside the church northeast across

big open fields towards **Muswell Manor**. Before the First World War, pioneer airmen went spluttering in their stringbag biplanes across these grazing marshes, confident of a soft crash-landing.

### 3 SHELLNESS

Out at the coast, turn right along the broad **Thames Estuary** to reach the old coastguard cottages

and the crunchy cockleshell beach at Shellness. Return via the seawall path along the Swale Estuary, where brent geese and swift little waders congregate.

### 4 FERRY HOUSE INN

At the end of the lane stands the venerable **Ferry House Inn**, truly welcoming on a mad March day with its crackling log fires.

# YOUR coast

We'd love to hear your VIEWS, NEWS & REVIEWS on anything coastal

## HAPPY DAYS

I'm a big fan of your mag and had been planning a trip around the British shores with my husband, when I fell ill. While in hospital I spent many weeks reading **coast**, which helped me to re-live our happy times away together. I'm better now and looking forward to taking inspiration from all your great stories and going on that much-needed holiday! *Lynda Fuller, Kent*



## facebook

This month on Facebook you talk about your addictions to the sea...

**Sally Stevens** It has to be Porthleven with its fishing harbour, good mix of places to eat, sandy beach and pretty cottages.

**Ann Mullarkey** No doubt about it – Mousehole in Cornwall... always.

**Rebecca Botallack** Kynance Cove, Mullion Cove, Zennor, St Agnes Heritage Coast, Boscastle and St Ives (out of season), along with a long walk from Sennen Cove to Land's End and beyond on a beautiful day.

## twitter

What you Tweeted...

**@Joannebkaar** Cheers to @coastmag for the fantastic feature on my parents' Caithness cliff-top eco-house in January 2016 issue.

**@2crail** The January 2016 @coastmag is packed full of articles about sustainability. Particularly enjoying the @mcsuk mention on the beach-clean campaigns.

**@a\_lazy\_sunday** @coastmag I live by the sea. I have done for a long long time. A sign hangs above my door that says, 'By the sea, all worries wash away.'

**@ncvwebb** Splendid to see Paul Sanders @Wiggys Long-exposure & Mindfulness workshops in January 2016 @coastmag. Lovely bloke! 'Life is better by the sea.'

**@Moogledoo** @alexfisherwords just organising a trip to #Ullapool after seeing it in @coastmag – no time like the present! #adventure

## \*\*\* STAR PRIZE \*\*\*

This month our star letter wins a pair of floral wellies from Joules, worth £39.95 (joules.com).



## GRATEFUL GREETINGS

After receiving an email newsletter from **coast** with lots of interesting features, one in particular appealed: the 'One and All' exhibition, 'a voyage through sight, sound and sea', at Somerset House in London. I went and loved it. It brought back many memories, not just from the summer, but from my childhood growing up in Suffolk close to the coast. Thank you for telling me about this exhibition.

**Leigh Richards**

## A CALL FOR FRESH CRABS

I read your article on crabs which said there's little demand for this crustacean in the UK, and most of the UK catch is exported. I get so frustrated when I hear this, that the UK market doesn't eat fresh crab. The reason is because you can't buy fresh crab in the UK, except at a few coastal locations. There's little demand because there's little supply. I love crab and always seek it out when

we visit the coast. So fishmongers and supermarkets, pull your claws out and start making crab more available.

**Ira Jackson**

## DOG of the MONTH



**Grace, the German Wirehaired Pointer, loves nothing more than a long swim to retrieve her ball.**

*Kate Wakley, Hampshire*



**Write to:** coast, Cudham Tithe Barn, Berry's Hill, Cudham, Kent TN16 3AG; **email:** coast.enquiries@kelsey.co.uk; **Facebook us:** facebook.com/coastmagazine or **Tweet us:** @coastmag



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# coast

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# SHORE SPOTTER'S GUIDE

Battling against wind and wave, seabirds have to be tough little characters but they're also harbingers of spring, says Richard Harrington from the MCS

Seabirds are brilliantly adapted to life on the ocean wave. They have to be waterproof and able to float on the sea's surface, so they have short feathers on their body, which overlap closely, trapping air to help them float. Many seabirds have salt glands located above the eyes, which drain extremely salty water through the bill and away from the body. This helps conserve freshwater in their tissues, too – there may not be a drop of freshwater to drink for months on end.



SPOTTED THIS?

TWEET US: @coastmag

The sea offers a huge, often regular, supply of food for those species able to exploit it. Auks such as guillemots and razorbills are able to thrive in great numbers, covering cliffs in riotous throngs when they nest in the spring. UK waters are productive, and sandeels and other small fish are available inshore at just the right time for them.

## SKILLED OPPORTUNISTS

Beaks of puffins can catch and hold lots of small fish, while terns and gannets dive from a height to catch individual fish. Skuas and gulls, often bulky birds, are acrobatic flyers, adapted to a piratical lifestyle with a varied diet of scavenged fish, offal, eggs and chicks.

As a family, gulls tend to be scavengers and opportunists. The black-headed gull and herring gull are familiar to people who rarely, if ever, visit

'THE SEA OFFERS A HUGE, OFTEN REGULAR, SUPPLY OF FOOD'

the sea. They are as likely to be seen on rubbish tips or following a tractor plough, as at the coast. Other gulls such as kittiwakes stick strictly to the seaside.

The cormorant is one of our largest seabirds, recognised by its black plumage and white chin. Its smaller relative, the shag has a green plumage, with a crest on the head. Both are expert fishers.

Many seabirds spend winter far out to sea, where they have to weather serious storms. They are all tough characters and a welcome sight for us when they return to our shores to bring in the spring.

## Know your SEABIRDS

### PUFFIN

*Fratercula arctica*

A bird with a coloured bill found in Orkney, Shetland, the Farnes and Pembrokeshire Islands.

### GUILLEMOT

*Uria aalge*

An agile penguin-like bird, found in the north and east but also the south coast (Dorset).

### GANNET

*Morus bassanus*

An athletic bird with a pale orange head. Found in Bass Rock and St Kilda in Scotland and Yorkshire's Bampton Cliffs.



**THE MARINE CONSERVATION SOCIETY (MCS)** is the charity that looks after our seas, shores and wildlife. It cares passionately about clean beaches, the need to protect marine life and the importance of the sea's resources. MCS makes a vital difference by setting up projects in the UK and abroad. To find out more or become a member, visit [mcsuk.org](http://mcsuk.org) or call 0300 330 0704. You can help by donating as little as £3.75 a month.



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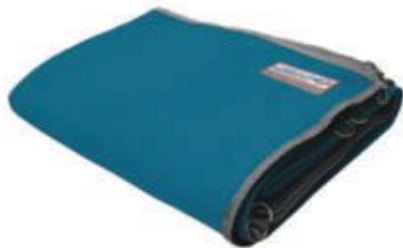
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## ATISHOO GALLERY



These beautiful handmade bandsaw boxes by Cornish artist Robert Burnet, are made using offcuts from local carpentry workshops. The wood for each box varies depending on availability, and sometimes they have a hidden compartment!

Prices start from £42.60 plus P & P.

Atishoo Gallery

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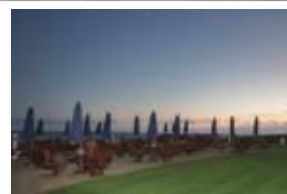
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Picture Credit ROBIN HAZLEWOOD RI

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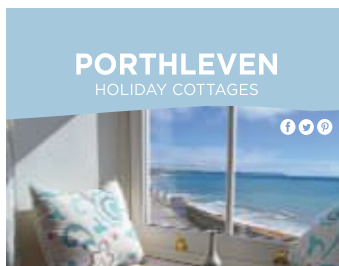
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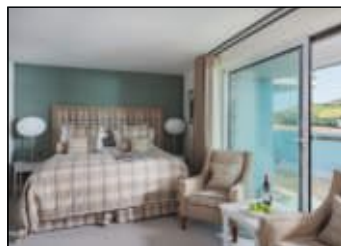
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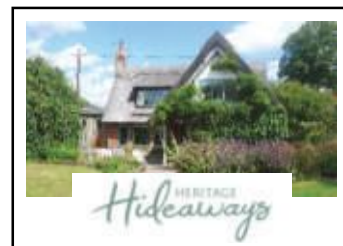
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## My coast

Comedian, actor and marathon runner *Eddie Izzard* recalls his school days on the East Sussex coast – and working in the café at the De La Warr Pavilion, where he has since performed

INTERVIEW **Alex Reece**



When I was growing up, I nearly always lived by the sea. I was born in Yemen on the corner of the Red Sea, and then

in Northern Ireland, we lived right by the Irish Sea. In Wales we were down near the Severn Estuary – I went to school in Porthcawl.

But it's Eastbourne through to Bexhill that I have the greatest affinity with, because the South Downs and that coast is very dramatic. From Cuckmere Haven, which is at the end of the Seven Sisters, you go to the foot of the Downs and the next school I went to, which is St Bede's School in Eastbourne. (My dad was born in Eastbourne and my granddad was

born in Eastbourne – my granddad was a milk roundsman daily.) And then you go on through Pevensey and Norman's Bay, which is where the Normans landed first, all the way to the endless sandy beaches of Bexhill and the De La Warr Pavilion – up to Galley Hill, where Spike Milligan was stationed during the War.

The De La Warr Pavilion (pictured) is the thing that has changed. It was sort of a dying building when I was working in the self-service café in the late 1970s – £38 a week I was getting in the summer holidays. Now it's become one of the great arts centres of the South East, and I've done gigs on the roof in English and in French.

What else do I do when I go there now? I go and see my dad, because

he lives down there. So I walk into my childhood a bit, because it hasn't changed hugely. I take a train ride from Victoria Station, and it's as if the train goes back in time, like *Alice Through the Looking Glass*.

The show I'm doing now is called *Force Majeure – Reloaded*. It's got the word 'Reloaded' there because it's a better show than it's ever been. I've done 28 countries and four languages. I've played the Hollywood Bowl. So it's coming to London in fine shape.

What will I do when it finishes? I might go for a long run. See *Force Majeure – Reloaded* at *The Palace Theatre, London*, from 18 January-20 February (0844 248 5150, [ticketmaster.co.uk](http://ticketmaster.co.uk)).





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